

LCAS - Wellbeing Champion training

Apologies, an earlier version contained an incorrect e-link.

How much could your organisation benefit from having a Wellbeing Champion as part of your team?

LCAS is now able to offer tried and tested virtual training for your staff, this takes around 90 – 120 minutes and is run in small groups of no more than 15, making sure that all those attending take part.

We know that all health and social care staff work extremely hard, and often under very difficult conditions. Our staff are highly valued but often feel exhausted and under-appreciated. We also know that teams who support each other and talk with each other are stronger and this improves the wellbeing of individual team members, both at work and at home.

- Learn how to recognise that a member of your team might have a problem
- Learn how to engage with your team member
- Learn how to listen actively to your team member
- Learn how to ask “open ended questions”
- Learn how to talk about risk
- Learn how to talk to your team member to support their recovery and referral to talking therapy and other free supportive services.

This training has been specially designed to benefit you, your colleagues & your workplace. Each attendee will receive a certificate to add to their CPD.

The training will be facilitated by Lynda Tarpey of HASCA, a Skills for Care centre of excellence as well as an endorsed training provider.

This date and time is available

8th December at 12.00 pm

The cost per person is £30, bookings and the fee will be managed through Eventbrite.

To book for the event:-

<https://www.eventbrite.co.uk/e/lcas-wellbeing-champion-training-tickets-215551358917>

Further dates and times will be available and can be tailored to your needs (min. 12 people)

Any queries, please contact Peter Webb

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