

# Wellbeing in the Workplace

## Course programme

For further information, please contact [training@apse.org.uk](mailto:training@apse.org.uk)

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|---------------|--|
| 09:15 - 09:30 | REGISTRATION (and Tech Check)  |
| 09:30 - 10:45 | <h3>UNIT 1: Mental Health vs Wellbeing</h3> <ul style="list-style-type: none"><li>Dissecting Mental Health</li><li>Social evaluative threat</li><li>Putting your mask on first</li></ul>   |
| 10:45 - 11:00 | COMFORT BREAK  |
| 11:00 - 12:30 | <h3>UNIT 2: Exploring Wellbeing</h3> <ul style="list-style-type: none"><li>The habits of happiness</li><li>The Wellbeing Wheel</li><li>Emotional Resilience</li><li>The Gratitude Model</li></ul>                                  |
| 12:30         | END OF DAY 1   |
| 09:15 - 09:30 | DAY 2  |
| 09:30 - 10:45 | <h3>UNIT 3: Managing Myself &amp; Supporting Others</h3> <ul style="list-style-type: none"><li>Stressors vs Stress</li><li>The Stress Response Cycle</li><li>The cure for burnout</li><li>How to make stress your friend</li></ul> |
| 10:45 - 11:00 | COMFORT BREAK  |
| 11:00 - 12:30 | <h3>Making a difference</h3> <ul style="list-style-type: none"><li>Influencing Stakeholders</li><li>Leading with emotional intelligence</li><li>Allyship &amp; Advocacy</li><li>Action Planning</li></ul>                          |
| 15:45 - 16:00 | PLENARY, FEEDBACK AND CLOSE  |