

Wellbeing Conversations

What is covered in Wellbeing Conversations?

- Listening to complex mental health concerns shared by others and avoiding your own triggers and feeling out of your depth
- Creating safe spaces during conversations so people can share their concerns/fears
- Emotionally holding people when they are vulnerable

Who is it for?

This learning module provides a range of check-in techniques that support leaders in making wellbeing a priority. Hybrid leaders and workplaces that accommodate multiple flexible working arrangements means there is no one-size-fits-all approach.

What does it offer?

Creating a culture where wellbeing is a priority and underpins team and individual check ins means you can have an engaged, high performing team. Psychologically safe teams care about one another and feel free to be themselves without repercussions. The conversation guides provided in this module support leaders in valuing the wellbeing of everyone in their team.

How do we sign up?

Contact us at madebetterhuman.com.au

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CONVERSATIONS
SERIES