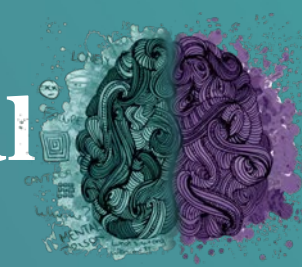


Champs

Managing Mental Wealth for Optimal Business Performance



2.5 or 3-hour
online workshop

Who should come?

This programme aims to help managers and leaders at all levels understand what Mental Wealth is and why it is important to manage in a way that both enhances it and delivers sustained long-term performance (i.e. the organisational duty of care in practice). This is grounded in the very real challenges the ongoing pandemic is creating (i.e. return to office-based working for some, economic pressures, anxiety and uncertainty of travel, possible local lockdowns, any concerns about schooling, etc).

What do you get?

Every workshop is tailored to meet the specific needs of your organisation in collaboration with you. Our facilitators come prepared with relevant case studies, exercises and activities that reflect the unique challenges and opportunities you face today.

Email info@champsconsult.com for more information or to make a booking.

What will you learn?

- **Understanding the landscape:** how managers can impact their team's mental health, the relationship between pressure and performance and how wellbeing changes in response to excessive pressure (i.e. the early warning signs of declining wellbeing)
- **Positive prevention:** setting up the working environment to include conversations about Mental Wealth as part of day-to-day working practices considering the ongoing challenges anticipated as we move into phase two of the pandemic response (and beyond) and how to invest in own Mental Wealth
- **Proactive support:** building the confidence and knowledge to have the courageous conversation with a team member displaying the early warning signs (including what to say/not say and what gets in the way)
- **Managing the balancing act:** using 'vignettes' to help build confidence about how to tackle common challenges managers will face. NB. We will build these vignettes in collaboration with you.