

Happy, Healthy Teams

Virtual Workshop

The role of the manager has changed significantly in recent years. The rising pressure to do more with fewer resources — alongside growing personal demands — can often feel overwhelming. Many managers find themselves caught between performance management and people management, and trying to get both right can sometimes feel like an impossible task, leading to serious wellbeing concerns.

Recent reports paint a clear picture:

- Gallup reports that workplace stress is at an all-time high
- The McKinsey Health Institute highlights rising levels of employee burnout
- CIPD states that 1 in 8 UK employees feel miserable at work

Despite the surge in wellbeing apps and wearable tech, wellbeing at work is still at its lowest point — making it clear that something deeper is needed.

That's where we come in.

We aim to create a wellbeing space that fosters open, honest conversations about the real challenge of balancing performance and wellbeing— backed by up-to-date insights, practical tools, proven techniques and skilled, experienced facilitators. Our goal is to help managers and leads enhance their wellbeing, boost their confidence, and strengthen their leadership skills in a supportive, real-world way.

What you'll learn?

- How the manager's role has changed in supporting employee wellbeing
- The impact of change on employee wellbeing
- Advice for managers and leads on how to avoid the pitfalls of poor communication
- How to start to build a culture of wellbeing, open conversations and supportive relationships.

Facilitated by



Shaween Amin

HCPC Registered Practitioner
Psychologist, expert in Motivational
Interviewing, NHS Lead Coach and Trainer.



Jo McGoldrick

NHS Lead Health Coach, Mentor
and Speaker, NHS Health Coach
Trainer, Personalised Care Lead
Black Country Training Hub



Colin Vasey

Business Coach,
Trainer.

30th September
10:30am to 12:00 noon

3rd November
10:30am to 12:00 noon

10th December
9:15am to 10:45am

Location:
MS Teams

Book your place: www.accesstoworkwellbeing.co.uk

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WELLBEING