

Get Well  **Get On**

HEALTH IS EVERYBODY'S BUSINESS

FREE ONLINE WORKSHOP

This 2-hour, FREE interactive workshop is aimed at managers, HR specialists, and SME owners who want to learn how to manage health conditions in the workplace.



**RICHMOND
FELLOWSHIP** 
MAKING RECOVERY REALITY



ONLINE COURSE DETAILS

- Suitable for: Staff who are responsible for the wellbeing of others such as SME owners, managers, supervisors, team leaders or those working in Human Resources.
- Group size: 6 – 10
- 2 hours, including a break

This workshop is **FREE** of charge



WORKSHOP OVERVIEW

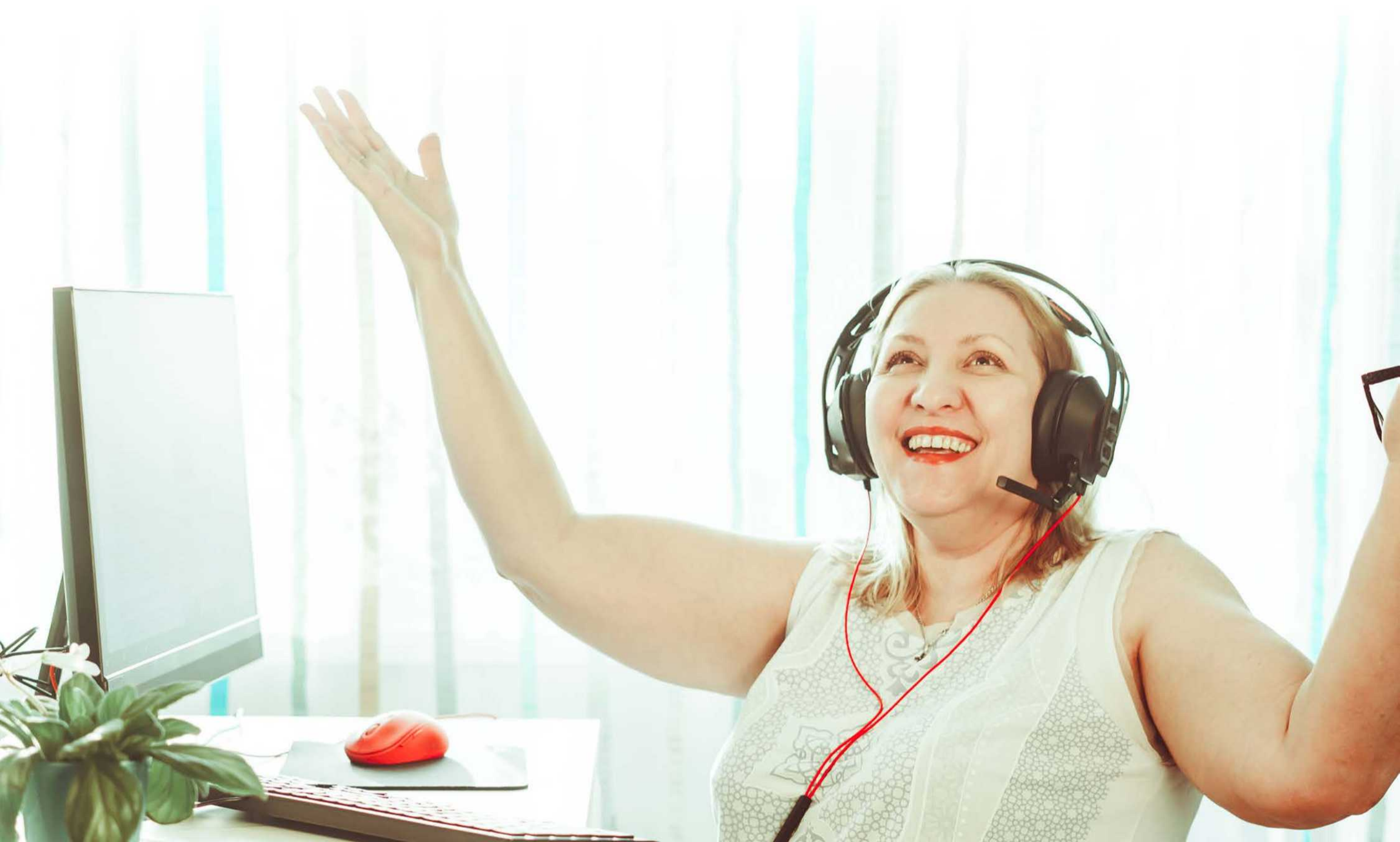
Healthy, happy workplaces are good for everyone: individuals, employers and the wider economy all benefit from reduced sickness absence. Find out how you can help make this happen!

This free workshop is aimed at Bristol and South West-based managers, small business owners and HR professionals who want to learn how to manage Health conditions in the workplace more effectively.



KEY TOPICS

- Meaning of work
- Health Continuum with some information in a quiz form
- Introduction to invisible illnesses
- Activity helping to understand fatigue
- Barriers to communication and introduction to supportive conversations





ABOUT THE SERVICE

The Get Well Get On service was set up last year as a pilot project funded by the Department of Work and Pensions and the Department of Health and Social Care in close collaboration with Bristol City Council.

Our aim was to explore different ways in which we can support individuals and businesses to retain their skilled workforce. The findings were then fed back to the government in order to improve provision of central services and in this way, contribute to positive systemic change.

While working with small business owners, we have realised what businesses need most is up-skilling and further training. We then started to deliver workshops to raise awareness on the benefits of healthy workplaces. We are now moving our Health is Everybody's Business workshop ONLINE.



OBJECTIVES / LEARNING OUTCOMES

- Understand the impact of long term health conditions, particularly invisible illnesses.
- Increase awareness of other people's mental health.
- Share ideas on having supportive conversations about health difficulties.
- Take part in our interactive activities to discover the benefits of a healthy workplace.
- Explore barriers to people opening up about their health conditions, particularly in the workplace
- Generate discussion about how to promote well-being at work.



EACH DELEGATE WILL:

- Have a chance to exchange thoughts and ideas of health management at work with other attendees in similar line of work.
- Have a broader understanding of impact of some illnesses on work and employment.
- Receive a robust package that will include useful toolkits and resources as a follow up from the session.





TECHNICAL REQUIREMENTS:

- Laptop or PC with Internet access
- Webcam and microphone – the microphone can be either built into your computer, as a separate device or headphones
- ZOOM application
- Pen
- Paper
- Smart phone (optional)



FOR MORE INFORMATION

If you need more information about the booking process, please get in touch on the below email. We are also happy to offer a free tailored quotation to meet the needs of your organisation!



Twitter: GetWellGetOn



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