



Wellbeing at Work Schedule Course

starts on May 23rd

10am - 11am

Online through MINDWELL



Each delegate will have their own individual learning modules and guided reading to be completed throughout the sessions. The Mindmaps Wellbeing Hub will provide delegates with their own reflective space.

Date	Start Time	Finish Time	Session
May 23rd	10:00	11:00	Welcome & Onboarding
June 6th	10:00	12:00	Introduction to Mental Health
July 18th	10:00	12:00	Diversity & Mental Health at Work
Aug 8th	10:00	12:00	Stress Management & Self Care
Sept 5th	10:00	12:00	<u>Skills for Effective Wellbeing Conversations Pt 1</u>
Oct 17th	10:00	11:00	Guided reflection & self-care
Nov 7th	09:30	17:00	NUCO First aid for mental health L2
Dec 5th	10:00	12:00	Skills for Effective Wellbeing Conversations Pt 2
Jan 10th	10:00	12:00	Creating Positive Culture
Feb 6th	10:00	12:00	Guided reflection & self-care
Mar 12th	09:30	17:00	NUCO First aid for mental health L3
Apr 19th	10:00	13:00	Oracles, Briefings and suicide postvention

End point assessments Apr 20th - May 10th

Time and date to be arranged, for your 1:1 final assessment

Course fee RRP £1800 per person (full value £2500)

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2023 cohorts will be available in February, May, August and November, contact us for information.

