



Freeneey Williams

Working from home: for Managers. Developing emotional resilience and mental wellbeing for your team

We are all learning to work differently in light of the uncertainties presented by Covid-19. Working from home is the new norm but it comes with its own challenges.

This interactive, live workshop is limited to 15 participants and designed to support managers who find themselves, perhaps for the first time, managing a remote team or staff member.

Remote should not mean alone

The workshop will provide the skills, tools and confidence to support managers and their teams during remote working and develop the team's emotional resilience and well-being.

This will be an interactive workshop via Zoom delivered by Freeneey Williams' Director, Clare Cromarty. Over 90 minutes, Clare will address questions such as:

- How can we identify and meet our own and colleagues emotional and mental wellbeing needs when working apart from each other?
- How do we develop our skills, confidence and techniques in supporting team members with their emotional resilience and mental wellbeing?
- How do I recognise the signs when a colleague might not be coping and needs support and how do I explore and discuss the issues;
- How can team members better support each other?
- Where can I go for further help and support?

The workshop will involve:

- Interactive engagement with Clare and other participants through discussion and text
- Pre- workshop activity to facilitate initial discussions
- Supported by further reading
- Topic helpline following the workshop
- One-to-one online coaching can also be arranged on request – ask for details.

About Freeney Williams

Freeney Williams Ltd, led by Rick Williams, has 20 years' experience of providing consultancy and training in issues around people's emotional resilience and wellbeing.

More workshops will follow so keep an eye on our website for more information

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