



ManagerEquip

A TOOLKIT TO HELP MANAGERS & TEAM LEADERS

Manager Equip is a toolkit for managers and team leaders to help them support wellbeing at work. The knowledge and understanding, skills and confidence gained in leading staff are essential in setting a culture for workplace wellbeing. These interactive and practically based workshops seek to support Managers to proactively take steps to support their own and others' mental wellness in the workplace.

The stand-alone workshops are each delivered over 2 hours by experienced facilitators, the content being clinically based with practical skills and strategies. Workshops are capped at 12 participants to maximise individual engagement and to enhance a sense of confidentiality and safety in the workshop space.

Follow up 1:1 wellbeing coaching is available.

Workshop 1: Managing stress and prioritising self-care

- Understanding stress
- Recognising the symptoms of distress
- Coping with change
- Tips and tricks for planning your week
- Self-care & wellbeing strategies

Workshop 2: Maintaining perspective and boundaries

- Unconscious bias
- Gaining perspective
- Personal responsibility
- Diversity and inclusion
- How to set physical, mental and emotional boundaries

Workshop 3: Facilitating difficult conversations

- Identifying the need for a difficult conversation
- Managing poor performance
- Preparing for the conversation
- Communication and de-escalation
- Examples and role play

Workshop 4: Building connected teams

- Importance of connection and belonging
- Collaborative culture creation
- Managing hybrid teams
- Fostering cohesion and overcoming isolation
- Opportunities for fun and celebration

Workshop 5: Supporting employees with mental health challenges

- Signs there may be a mental health challenge
- Preparing for the conversation
- Conducting the conversation
- Responsibilities and boundaries
- Looking after yourself

For more information, please email workshops@vitae.co.nz



When *life* works better,
business works better.
Pai ake te *oranga*, pai ake te *pakihi*.

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