

VCSE Leaders' Wellbeing Hub Programme Guide

Leadership Wellbeing Coaching

The Leadership Wellbeing Coaching programme focuses on helping leaders within the voluntary, community and social enterprise (VCSE) sector to explore their own wellbeing, identify strategies for keeping well, communicate their needs to others and sustain their journey to wellbeing. The programme combines practical coaching techniques with eco-therapy approaches; comprising four full-day sessions spread across a year in a nature-based environment in North Yorkshire.

Each phase explores, educates and creates action, and is followed up with additional resources that embed the learnings for ongoing engagement and focus. The sessions will be held on the following dates:



Session 1: Sapling

Thursday 13 January 2022

The first session looks at basic well-being needs and will enable you to identify priorities and resources for yourself and your team's wellbeing, using natural principles to embed learnings, and create lasting change so your organisation's wellbeing culture keeps growing.



Session 2: Roots Thursday 24 March 2022

This session will explore existing wellbeing strategies and how to have wellbeing conversations. It will help you recognise what enables or hinders wellbeing and begin to 'future proof' strategies for health and happiness that will remain effective, learning from past, present and future.



Session 3: Mighty Oak

Wednesday 6 July 2022

The third session will focus on emotional resilience and creating psychological safety, enabling you to respond with confidence and clarity in the face of challenge and adversity. It will also help replicate and build on strategies that work to maintain momentum in achieving your organisation's vision.

Session 4: Woodland

Thursday 6 October 2022

The final session will explore how to grow a wellbeing vision to nurture a community within your team, where everyone can utilise connections and communication to seek and offer support. You will define a final plan and actions, bringing together the elements learnt into something greater.



The sessions are held in a nature based venue. The venue for the first session will be Sandburn Hall near York, with the remaining sessions taking place at Summerbridge, North Yorkshire.

The coaching programme includes downloadable resources supporting the learning in between each phase to enable development in the explored topics, as well as a follow up one-to-one coaching session to offer further support upon completion of the programme.



How to apply

To apply for the Leadership Wellbeing Coaching, [complete this form](#).

The deadline for applications is **Friday 17 December 2021 5pm**.

For any queries, please contact Victoria.russell@communityfirstyorkshire.org.uk

The VCSE Leaders' Wellbeing Hub is a project being run by a local charity Community First Yorkshire and is being funded by Humber Coast and Vale Health and Care Partnership



**Community First
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