

VCSE Leaders' Wellbeing Hub Programme Guide

Online Leadership Wellbeing Workshops

As an optional extra to the Leadership Wellbeing Coaching programme, or for those who are unable to take part, there are additional online workshops.

The online leadership wellbeing sessions will benefit leaders looking to enhance their skills, knowledge and resources in a range of topics for positive mental health and wellbeing. The aim of each session is to leave you with greater awareness of simple, effective ways to help you and your team deal with challenges, uncertainty and change.

The links to sign up to these online sessions are on the Community First Yorkshire website and you can choose how many to attend.



Mental health and wellbeing - recognising and responding

Thursday 9 December 2021 1pm – 4pm

This session will help you recognise the signs and symptoms of mental health issues and wellbeing in both yourself and others, identifying practical, resourceful solutions and ensuring a proactive response to someone with a mental health and wellbeing need.

Booking for this session closes **Tuesday 7 December 2021 5pm.**

Book here: [Mental health and wellbeing – recognising and responding](#)

Solutions for wellbeing – from basic needs to psychological safety

Tuesday 18 January 2022 10am – 1pm

Creating a safe and supportive culture at work is something we can all be passionate about. This session explores ways to grow a wellbeing culture, looking at simple yet impactful knowledge and approaches to enhance individual and team wellbeing, from basic needs to developing psychological safety.

Booking for this session closes **Sunday 16 January 2022 5pm.**

Book here: [Solutions for wellbeing – from basic needs to psychological safety](#)

Practical ways to deal with burnout and being overwhelmed

Thursday 10 February 2022 10am – 1pm

Longing for a more balanced and effective way of working that doesn't feel like a constant tightrope walk? This session will explore the culture of feeling overwhelmed and burnt out, taking an honest and open look at the expectations of roles and introducing strategies that help you be effective and efficient in your role.

The session is about practical over aspirational – ensuring the take-home tools can make a tangible difference to wellbeing and that of others too.

Booking for this session closes **Tuesday 8 February 2022 5pm**

Book here: [Practical ways to deal with burnout and being overwhelmed](#)

Talking about needs and feelings; brave conversations

Tuesday 22 March 2022 1pm – 4pm

How easy is it to have conversations about wellbeing? Worrying about saying the wrong thing? Unsure about over-sharing or closing down completely? This session will explore the benefits of opening up wellbeing discussions in organisations, teams or with peers, as well as supporting the challenges and fears of holding spaces for courageous conversations. It will support you with a range of resources from environmental and cultural factors to conversation starters.

Booking for this session closes **Sunday 20 March 2022 5pm**

Book here: [Talking about needs and feelings; brave conversations](#)



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