

Psychological Wellbeing and Resilience in Social Care Settings



This training is aimed at professionals working in social care settings. It aims to equip you with knowledge and skills around psychological wellbeing, resilience and anxiety. This can help both individuals themselves and their ability to support colleagues both in and outside of the workplace. Ensuring individuals have knowledge and translatable skills, as well as the tools to use at times of stress and anxiety will support better communication, productivity, self esteem and reduce the risk of sickness absence.

Training package

The training consists of a podcast and a one hour question and answer webinar. **You must watch the podcast prior to taking part in the webinar.**

Register for a place at <http://hud.ac/tyw> and enter password: **SFC-PWR2021**. Once registered, you will have access to a podcast which you must watch prior to the webinar. Please see webinar dates and times overleaf.

Content:

During times of intense pressure and change, for example a global pandemic and subsequent recession/austerity measures, health and care professionals already experiencing high degrees of work-related stress are at greater risk of a range of mental health conditions.

- It considers the basis of psychological wellbeing and different elements that contribute to our mental and physical health.
- Demonstrates a range of practical skills which can be used within your organisations in order to support both yourself and your colleagues, including a toolkit to enhance resilience, reduce anxiety and increase coping mechanisms.
- Communicates the basis of behaviour change in health and how we can successfully engage individuals in behaviour change.

1 hour question and answer webinar

The webinar supplements the Podcast. It is designed to give participants the opportunity to ask the presenter questions.

Dr Nicola Eccles, Senior Lecturer in Health and Physical Activity at The University of Huddersfield and Head of Behaviour Change and Wellbeing at WellSpace.

Dr Eccles has been working in health-related behaviour for over 20 years. She has been involved in the design, implementation and evaluation of several significant health-based interventions across the UK, including one of the first family-based childhood obesity treatment programmes, as well as subliminal nudges to reduce inactivity in the workplace and a variety of innovative physical activity and wellbeing work with a range of hard-to-reach populations. Nicola has recently evaluated: the impact of Sport England funded physical activity programmes with young women; a digital programme to create young children as agents of nutrition behaviour change in areas of socio economic deprivation; a cross generational music programme to enhance the psychological wellbeing of young adults with disabilities.

Nicola teaches across a range of undergraduate and Masters programmes in the field of health, physical activity and behaviour change. She also designs and delivers live and online wellbeing content for WellSpace including behaviour change programmes.



How to book

Please register for a place at: <http://hud.ac/iyw> and enter password: **SFC-PWR2021**

Once registered you will have access to a podcast. **You must watch the podcast prior to the webinar.**

You only need to attend one webinar, dates and times below.

Webinar dates and times	
15/04/21	2pm
20/05/21	2pm
17/06/21	2pm
22/07/21	2pm
19/08/21	2pm

Fees

This course has a limited number of places funded for West Yorkshire Social Care organisations by Health Education England North East and Yorkshire. Applications are welcomed as soon as possible.