steps2wellbeing Dorset

NHS
Dorset HealthCare University
NHS Foundation Trust

Disability Confident
Workshop

Who we are

Steps2Wellbeing is an NHS Talking Therapies Service within Dorset HealthCare.

What we're offering

Steps2Wellbeing is pleased to offer a range of courses to help your workforce improve their mental and physical health.

Contact:

nikki.luddington@nhs.net

Disability Confident workshop

This workshop has been designed to support employers who are Disability Confident.

The workshop is facilitated by a psychological wellbeing practitioner and an employment advisor, using an evidence-based cognitive behavioural model alongside employment support.

steps2wellbeing Dorset

NHS
Dorset HealthCare University
NHS Foundation Trust

Aim

The aim of this course is to raise awareness of mental health in the context of being a Disability Confident employer and to recognise and implement the support options available.

Objectives

- Understand what it means to be a Disability Confident employer and to demonstrate how to achieve the criteria for level 1, 2 and 3.
- Understand some of the most common mental health conditions encountered in the workplace, and how to support the mental health of self and colleagues in the workplace by utilising a cognitive behavioural therapy (CBT) approach.
- To have an understanding of: the Equality Act 2010, the workplace adjustments that can be made to support an employee, and how this relates to Disability Confident employers.
- To learn ideas and concepts about how to promote a healthy, non-discriminatory working environment, using evidence-based CBT and employment support strategies.
- To recognise that a team approach can contribute to wellbeing and create a healthy culture in the workplace.
- To understand the relationship between workplace stress and sickness absence.
- To explore the impact in the workplace of positive boundaries, communication, disclosure and reasonable adjustments.
- Provide resources, information and signposting to individuals and organisations.

Cost: £1,400 in total, maximum of 20 delegates.

To book and for more information please contact Nikki Luddington on nikki.luddington@nhs.net