



## Module Overview

### What is Wellbeing - Why it's Important at Work and the PERMAH Model



#### OVERVIEW

Dive into the concept of workplace wellbeing and understand its impact on individual and team performance. This module introduces the PERMAH model (Positive Emotion, Engagement, Relationships, Meaning, Achievement, and Health), providing a framework to promote holistic wellbeing in your work environment.

#### BENEFITS

Improved employee engagement, reduced burnout, and enhanced team morale



### Challenging Conversations and How to Have Them



#### OVERVIEW

Equip yourself with essential strategies for managing difficult conversations, a crucial skill for leaders and managers. This module delves into techniques for providing constructive feedback, understanding the difference between being nice and being kind, and fostering open, honest communication.

#### BENEFITS

Stronger communication skills, enhanced conflict resolution capabilities, and improved team relationships.



### Strengths-Based Leadership



#### OVERVIEW

Engage in an in-depth exploration of both your individual strengths and your team's strengths. This module focuses on leveraging these strengths to enhance performance, boost morale, and increase productivity.

#### BENEFITS

Maximise your potential, strengthen team collaboration, drive productivity and success.



### Managing Your Energy, Not Your Time



#### OVERVIEW

Discover the concept of energy management and how it differs from time management. This module explores what it means to thrive, survive, experience burnout, and recharge. You'll develop awareness of your personal triggers and learn strategies to help you thrive at work. Additionally, you'll learn how to align your energy levels with key tasks and identify ways to restore energy during periods of stress and fatigue.

#### BENEFITS

Enhance productivity, prevent burnout, and thrive in your work environment.



### Positive Leadership



#### OVERVIEW

Explore the core principles of positive leadership, including fostering a growth mindset, leading by example, and building a culture of trust and positivity within your team. This module will equip you with the tools to inspire and motivate your team, creating a thriving and supportive work environment.

#### BENEFITS

Maximise your potential by developing a growth mindset, leading by example, and fostering a culture of trust and positivity



### Bringing it All Together: Creating a Resilient and High-Performing Team



#### OVERVIEW

Synthesise the concepts from the previous workshops and be equipped with a comprehensive toolkit to create resilient, high-performing teams. Discover practical steps to integrate wellbeing, strengths, energy management, and leadership into everyday practice. We'll also discuss real-life examples and how these strategies can be applied to General Practice. Additionally, we will celebrate successes and recognise achievements, fostering a culture of appreciation and motivation among participants.

#### BENEFITS

Integration of key learnings, enhanced team cohesion, and sustainable leadership practices.

