



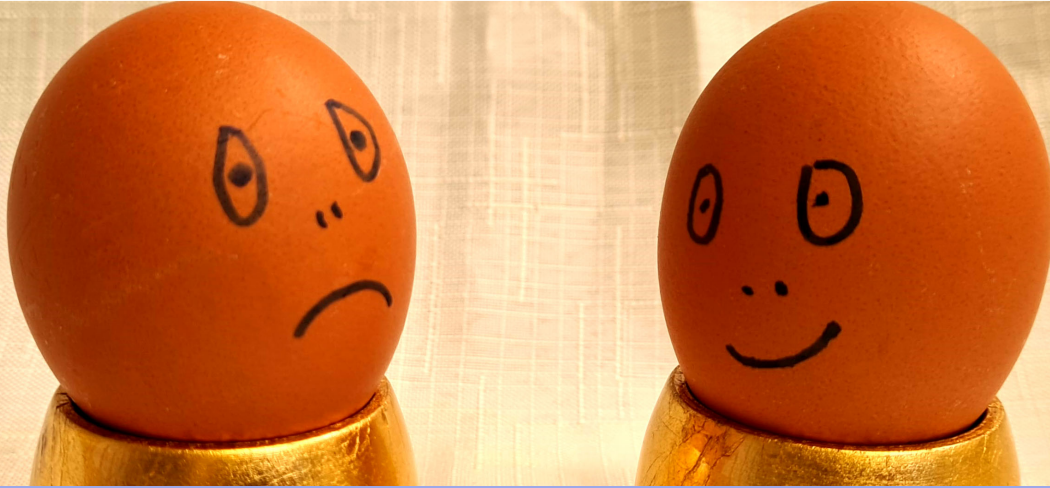
**Workplace Health  
Leadership Group**  
Northern Ireland

# Webinar

## Supporting employee wellbeing in challenging times - *the Mindful Manager's toolkit*

Thursday 6<sup>th</sup> May - 2.30 - 4.00 pm

Speaker: Rachael Power, Works Manager, Action Mental Health



The Workplace Health Leadership Group NI is hosting a series of webinars focused on mental health in the workplace. Each week, we will be collaborating with renowned mental health professionals, who will be sharing their experiences from various perspectives and addressing key questions involving employee mental wellbeing.

A common phrase used during the pandemic is that employees say *"They now feel like they're Living at Work rather than Working from Home"*. This is unsurprising since barely a year ago words like lockdown and home schooling were largely absent from an employee's vocabulary.

Nevertheless employees still need to be managed, no matter where they are located. This has added extra strains to managers and supervisors on top of their workload.

Action Mental Health realised this early on and developed what they call a 'Mindful Manager Toolkit' and Rachael Power from Action Mental Health will outline how this works during her presentation including:-

- Understanding the difference between healthy pressure, and stress
- Mental health across the UK following COVID and how it affects staff
- Tips on managing your 'working from home' team
- Strategies for supporting mental health

- Approaching a difficult conversation
- The Mindful Manager model - a simple and practical tool to guide your conversations and support
- Sources of support
- Q&A

### WEBINAR DETAILS

DATE: Thursday 6<sup>th</sup> May 2021

TIME: 2.30pm (finish 4.00pm)

VENUE: Online

SPEAKER: Rachael Power,  
Works Manager,  
Action Mental Health

COST: This webinar is FREE



**PTO for further details and booking**

This webinar is  
being facilitated by



**Northern Ireland  
Safety Group**

## [BOOK HERE TO ATTEND](#)

The webinars are being facilitated by NI Safety Group (one of the Workplace Health Leadership Group's partners).

Booking will take place on the NI Safety Group website, and the booking form can cater for multiple attendees.

Once booked you will receive a confirmation email holding your place/s. It will indicate that a web link (Zoom) will be provided on the morning of the Webinar with joining instructions.

Please ensure that the email you use to register is the one that you will be using to view the webinar.

Please do not share the link (that you will receive on the morning of the webinar) with others as their email will not be recognised and they will not obtain access.

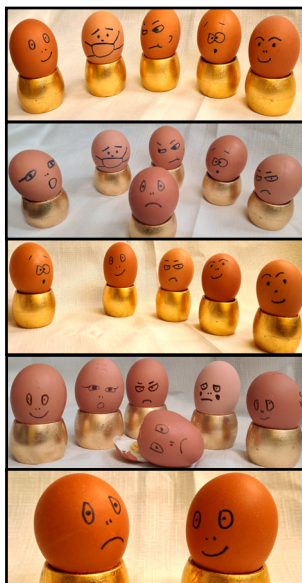
**IMPORTANT** - This webinar is likely to be oversubscribed. The software automatically closes the webinar when it reaches capacity. Those unable to gain entry (usually by signing in late) can watch the seminar as a podcast once we have uploaded it.

## SPEAKER bio

Rachael began her career as a teacher but then moved into education roles within the Charity Voluntary sector. She has gained a wealth of experience from working across many different areas of the sector including, homelessness, community development, good relations and social housing. Outside of work Rachael is an advocate for Mental Health and hosts a podcast called "And How Did That Make You Feel" where she interviews guests about their experiences in therapy and counselling to try and normalise talking openly about mental health. Rachael Power has recently been appointed as AMH Works Manager at Action Mental Health.



### OTHER WEBINARS IN THIS SERIES



Thursday 15th April  
- 2.30 - 4.00 pm

**Workplace Mental Health Awareness**

Thursday 22nd April  
- 2.30 - 4.00 pm

**Managing Mental Health When Working From Home**

Thursday 29th April  
- 2.30 - 4.00 pm

**Mental Health First Aid**

Thursday 6th May  
- 2.30 - 4.00 pm

**Supporting employee wellbeing in challenging times - the Mindful Manager's toolkit**

Thursday 13th May  
- 2.30 - 4.00 pm

**Take Five Steps to Wellbeing**

How to book

[Watch webinar post event recording](#)

[Watch webinar post event recording](#)

[Watch webinar post event recording](#)

[Booking Link](#)

[Booking Link](#)

## Who are the Workplace Health Leadership Group NI

The Workplace Health Leadership Group NI (WHLGNI) was formed on 10th August 2016 when a group of committed stakeholders from across industry and government came together to ensure that effective occupational health management is given the priority in Northern Ireland workplaces that it warrants.



**Northern Ireland Safety Group**