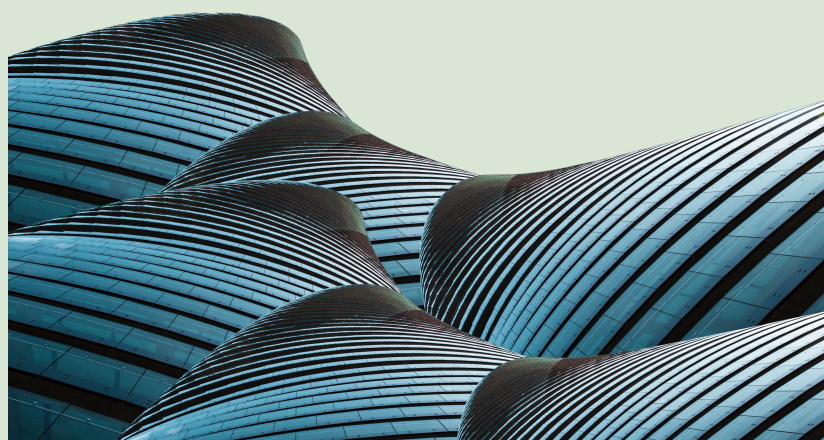


# HEDROC TRAINING WORKSHOPS

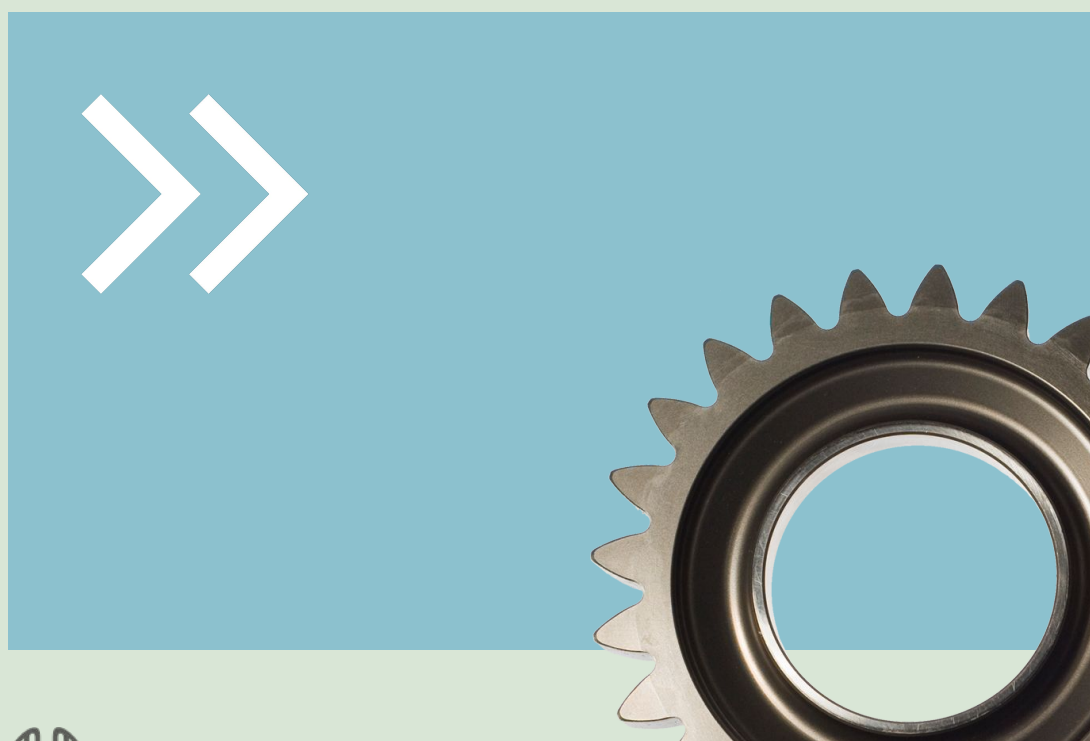
Workshop Title	Line-managing mental wellbeing virtually
Workshop code	HD0013
Format	Online webinar
Trainers	Hedroc Consultants (Clinical Psychologist/ Consultant Psychologist)
Duration	50 mins
Target audience	Line managers/ senior leaders
No of attendees	Unltd



Aims:

To provide line managers guidance to:

- Review management of their own mental wellbeing
- Manage colleagues' mental wellbeing across a virtual workspace
- Create a trusting relationship across a virtual workspace
- Recognise the signs and symptoms of poor mental health and burnout of colleagues across a virtual workspace
- Skillfully talk and listen to colleagues about their mental health
- Respond to and review concerns in a safe and appropriate manner



For further information and bookings,  
please contact:

[info@hedroc.co.uk](mailto:info@hedroc.co.uk)

For all services relating to managing  
employee mental wellbeing, visit:

[www.hedroc.co.uk](http://www.hedroc.co.uk)

