

## Stronger Together

Supporting health and social care staff in the East Midlands



# Supporting Wellbeing in the Workplace

Practice Managers are invited to join us for a **free** full day event on understanding and supporting psychological wellbeing at work.

An exciting opportunity to come together with other practice managers from across the East Midlands to focus on staff wellbeing in your Practice, share ideas and access training from **qualified psychologists** with significant experience working in staff health and wellbeing services in the NHS.

### The event will explore:

- What we mean by psychological wellbeing
- What impacts wellbeing at work
- Ideas for supporting individuals in distress
- Creating healthy team functioning

The day is intended to support you in “building resilient workplaces” and improving staff wellbeing, in line with QOF targets & recommendations from the Fuller Stocktake report.

**27th February 2024** at Eastwood Hall Hotel, Nottinghamshire NG16 3SS

**OR**

**5th March 2024** at Kettering Park Hotel, Northamptonshire NN15 6XT

Book your space for either event via : <https://forms.office.com/e/PPd2Sa72Kd>

For more information or queries please email [Stronger.Together@nhft.nhs.uk](mailto:Stronger.Together@nhft.nhs.uk)

The events are free to access & delivered by Psychologists working within Stronger Together, funded through NHS England as part of the regional, East Midlands NHS Staff Health & Wellbeing offer.