



## **Leadership & Management Development**

**- Leadership & Wellbeing Post Lockdown (Covid19)  
(Covid19)**



### Audience:

Managers responsible for teams & individuals



### Duration:

1 Day on-line workshop or classroom event



**Level:** Foundation

# Leadership & Wellbeing Post Lockdown (Covid19)

An opportunity to reflect on the consequences and impact of lockdown on individuals and teams; and on the psychological effect which isolation and being at home, trying to work, will have had. What are our current roles as leaders in the organisation? How can we use the learnings and creativity this period has offered? How do we recognise the support needed in the transition to a 'new normal'? We focus on practical and simple actions which can make a significant difference to staff wellbeing.

### Delegates will:

- Explore the psychological stages of a crisis situation – emergency, regression, recovery – and how these relate to your own team and situation.
- Examine a range of emotional & psychological reactions and responses to the lack of control, which the lockdown imposed on individuals, teams and organisations – and the aftermath.
- Identify own skills and development needs to be able to support and guide teams and individuals through this transition period.
- Develop a strategy for tapping into the creativity and adaptability of the human condition to create the inclusive workplace we aspire to.

## Our Approach

Learning without context rarely sticks and rarely changes behaviour. We focus on integrating learning with work and on the effective application of learning in the workplace. We create a climate of high support and challenge to stretch people to increase self-awareness. During the course our facilitators will deliver seek to:

- **Appreciative Inquiry** - build on clients' successes and strengths, enabling individuals and teams to appreciate what they could do better and what they are currently doing well.
- **Constructive Challenge** - stretch our clients to create new reference points for what they can achieve.
- **Enjoyable** - create an environment of laughter, humour, and emotional engagement.

# Related Courses

## Foundation



## Intermediate

