



BIAC MEMBERS' ONLY ONLINE TRAINING EVENT



Tuesday 28th June 2022
1pm – 2pm

BIAC Members' Only Online Training Session on 'How to have safe and supportive conversations'

This 45-minute webinar designed for consultants who are in management roles or those in a support role to increase confidence when holding conversations with employees/colleagues who are experiencing mental ill health. Listeners will receive a 'bite-size' introduction to the core concepts of the 6-stage approach to holding supportive, sensitive conversations.

Key Learning objectives

- Develop an understanding of mental health and the mental health continuum
- Explore the concept of human connection and why it matters when supporting members of your team
- Provide an understanding of the manager's role when offering support to employees/colleagues who are experiencing mental ill health

Briefly outline skills required when holding sensitive conversations using the 6-Stage approach for managing mental health issues in the workplace:

- Boundaries of your role
- Opening the conversation: empathy, compassion and listening
- Summarising and clarifying the situation
- Requesting and presenting options
- Joint action planning/Evaluation and reflection

To reinforce the value of internal and external support agencies and how to refer on appropriately

TO BOOK YOUR PLACE ON THIS MEMBER-ONLY EVENT PLEASE GO TO www.biac.co.uk/events

£25.00 inc. VAT per members