

THRIVING AT WORK – BY DESIGN!

Purpose

The purpose of this one-day workshop is to transform the way individuals and organisations think about health and well-being. In too many organisations, health and wellbeing is seen as a “nice to have” rather than core to business sustainability.

Extensive research shows that a strong, values based ethical workplace culture improves people’s health and well-being, drives up engagement and is more productive. This workshop will provide you the tools to kick-start the development of such a workplace.



We hope to identify people who will champion these ideas when they return back to their workplaces and thereby start to make a tangible difference to the Reading business community over time.

This course is intended for individuals from a wide range of roles including but not limited to: health and wellbeing leads, HR, managers, senior executives, learning and development.

Structure

The workshop is comprised of five modules:

1. What is a Healthy and Ethical workplace (HEW)?
2. Building understanding, communicating effectively and resolving conflict.
3. Promoting positive mental health in the workplace
4. Introduction to understanding and building resilience
5. Building a Healthy and Ethical workplace.

Key learning outcomes

- Understand what a healthy and ethical workplace means and why such workplaces are not only desirable but also necessary to address today’s complex challenges.
- Have a toolkit of communication skills which can be used in a variety of situations to improve your communication with others.
- Have a defined approach for resolving conflict before it escalates.
- Understand how our mental health affects the way we live, work and communicate with others
- Have explored some of the common mental health problems facing people today and how we can support those who experience these conditions
- Create a personal starting point for building resilience.

- Use the HEW toolkit provided to kick start the development of a Healthy and Ethical workplace including building a compelling business case.
- Build a personal action plan.

Testimonials

"Excellent trainers and a wealth of knowledge apparent. Very engaging. You can tell there is real care in the topics presented which is very impactful". **HR lead, BION**

"The workshop far surpassed my expectations. It was informative, very well run, excellent content, engaging learning and great to meet fellow local business people all working towards ethical workplaces. Thank you so much and well done!" **HR lead, Henley Business School**

"I spent a fascinating day learning about how I could influence, develop and support staff to create a healthy workplace that has resilience and promotes well-being." **Director, Reading Borough Council**

Workshop presenters

Emma Campolucci: Emma Campolucci is a passionate people person who has devoted the last decade to learning ways to support people grow and develop. She has a psychology degree and is a qualified counsellor. Emma also provides training for the Reading Samaritans, teaches Counselling Skills at Bracknell and Wokingham College and is involved with the Wellbeing In Mind Community programme. Emma has designed and delivered courses on Understanding Anxiety, Stress Management, Improving self-confidence and self-compassion and Journaling for Wellbeing.

Mark Quirk: Following a 20+ year career in the software industry, Mark eventually wrenched himself away to follow his passion for the mind and wellbeing. He retrained in Psychology, and followed the UK recognised path for training as a Mindfulness teacher. Today on a mission for health, happiness and strength he tries to make the years of research behind resilience, mindfulness, mindsets, brain science, models of wellbeing, and strengths a reality for all those he is fortunate enough to work with.

Gurprit Singh: As one of the [founders of Ethical Reading](#) Gurprit is passionate about the importance of a strong values based ethical culture inside an organisation. He has over 30 years' experience in working for large multinational organisations at senior levels which he brings to bear in this workshop.

Date and venue

The next full-day workshop will be run in November 2019 in central Reading. The exact date will be determined shortly.

Cost

Ethical Reading Partners and Supporters	Cost/person: £198
Other organisations	Cost/person: £253.63

Registering

If you would like to attend, please email gurprit@ethicalreading.co.uk