ManagerEquip
A TOOLKIT TO HELP MANAGERS & TEAM LEADERS

Manager Equip is a toolkit for managers and team leaders to help them support wellbeing at work. The knowledge and understanding, skills and confidence gained in leading staff are essential in setting a culture for workplace wellbeing. These interactive and practically based workshops seek to support Managers to proactively take steps to support their own and others' mental wellness in the workplace.

The stand-alone workshops are each delivered over 2 hours by experienced facilitators, the content being clinically based with practical skills and strategies. Workshops are capped at 15 participants to maximise individual engagement and to enhance a sense of confidentiality and safety in the workshop space.

Follow up 1:1 manager coaching or supervision is also available to further enhance learning or focus on key areas for development.

Workshop 1: Managing stress and prioritising wellbeing

- Understanding the stress response
- Recognising your stress signs
- Thinking Traps
- Coping with change – 4 A's framework
- Wellbeing Models for self-care

Workshop 2: Maintaining perspective and professional boundaries

- Unconscious bias
- Increasing self-awareness
- Developing your perspective
- People leader responsibilities
- Setting physical, mental, and emotional boundaries

Workshop 3: Dealing with challenges or conflict within a team

- Identifying conflict
- Conflict resolution methods
- Communication and de-escalation
- Managing declined performance
- Having difficult conversations

Workshop 4: Building connected teams

- Developing respectful cultures
- Importance of building connection and belonging in teams
- Giving and Receiving feedback
- Managing hybrid teams
- Opportunities for social connection, fun and celebration

Workshop 5: Supporting employees that are struggling

- The mental health continuum
- Clarifying issues and when to intervene
- Having difficult conversations
- Responsibilities and boundary setting
- Managing yourself and supporting others

Workshop 6: Managing psychosocial safety at work

- Definition of terms
- Common psychosocial hazards at work
- Barriers to psychosocial safety
- Key factors for creating positive environments
- Use of policies and strategies to support psychosocial safety

For more information, please email workshops@vitae.co.nz

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business works better.
Pai ake te *oranga*, pai ake te *pakihi*.

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