

SUPPORTING YOUR TEAM'S EMOTIONAL WELL BEING

Course Code: 821784

In this workshop you will learn how to prioritize the emotional wellness of your team, thereby reducing absenteeism and labor costs, ultimately improving your ROI.

In a time of constant change and uncertainty, you and your team may experience higher levels of stress that can have real impact on employee well-being. Employee well-being has been linked to employee satisfaction and engagement levels, productivity, and overall organizational performance. You may not be able to control the external environment and circumstances, but as a leader in your organization you have the ability - and responsibility - to create a culture that encourages and supports your team's well-being and success.

What You'll Learn

In this course we will discuss management's role in maintaining and enhancing employee well-being:

- Recognize factors that can affect employee well-being and their impact
- Learn how empathy can help to manage emotions
- Discuss the importance of Emotional Intelligence when enhancing employee well-being
- Identify strategies leaders can use to reduce employee stress
- Coaching your team - behavior and emotion-focused coping techniques

Who Needs to Attend

Business professionals, including team leaders, managers, directors and others who want to support and improve the emotional wellness of their team.

Prerequisites

To ensure your success, we recommend you first attend the following course, or have equivalent knowledge:

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Date created: 5/9/2025 2:41:25 AM

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