

# 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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