

# SUPPORTING YOUR TEAM'S EMOTIONAL WELL BEING

Course Code: 831405

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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VIRTUAL CLASSROOM LIVE

\$795 USD

1 Day

## Virtual Classroom Live Outline

### **Module 1: Building a Culture of Health**

- The Power of Culture
- Culture comes first
- Dysfunctional Work Cultures
- The Work/Life Balance

### **Module 2: Strategies for Successful Behavior Change**

- Interpersonal Boosts
- Organizational Reinforcements
- Just the Right Incentives
- Organizational Changes

### **Module 3: What Positive Psychology Offers**

- Positivity and Performance
- Boosting Productivity
- Degrees of Engagement

### **Module 4: Developing Your Empathy**

- Why Work on Your Empathy Skills?
- 8 Strategies to Develop Empathy
- Take action with active listening
- Bond with your Team

### **Module 5: Satisfied Employees and the Bottom Line**

- Learning from the Best
- Power of the Social Network
- Living Better; Living Longer

Visit us at [www.globalknowledge.com](http://www.globalknowledge.com) or call us at 1-866-716-6688.

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