

Be Well

Masterclasses

Based on the Be Well Plan, Be Well Masterclasses are a series of 1-hour sessions that provide you with the opportunity to learn and apply key concepts in building mental health and wellbeing. Be Well Masterclasses help facilitate your continued learning and sustained improvements.

Wellbeing for People Leaders

Managing the wellbeing of your team is an essential part of leadership. This Masterclass for people leaders focuses on mental wellbeing in a workplace setting, and the psychosocial factors that can impact employee wellbeing. People Leaders will explore what is within their control to build wellbeing and try out practical activities to implement in their teams.

Introduction to Psychosocial Hazards

In this Masterclass you will learn what psychosocial hazards are (in the context of wellbeing), identify potential negative outcomes, and have an opportunity to assess the potential level of risk of a hazard. You will then have the opportunity to explore tools you can use to action potential risk early on and where to go for support or further resources. This Masterclass is an introduction only to psychosocial hazards and will be best delivered alongside your organisation Work Health & Safety or People Lead representatives.

Managing Stress

The Masterclass on Managing Stress provides some insights into the science behind the stress response. You will have an opportunity to explore your drivers of and reactions to stress, and to consider how you can improve your stress response.

Character Strengths

This Masterclass takes a deeper look at character strengths: the positive traits linked to your values that manifest in your behaviour and actions. You will walk away with a better understanding of your signature strengths, learn how to spot strengths in others and how to use your strengths at an optimal level to boost your positive emotions, engagement and improve relationships.

Defensiveness & Your Emotions

In this Masterclass we delve into the concept of Defensiveness and how this often unhelpful (but very common and human) response relates to our emotions and behaviours. You have the opportunity to try practical techniques that you can use to become better at recognising and responding to the emotional and behavioural consequences of defensiveness.

Meaning & Purpose

In this Masterclass you will learn about how a sense of meaning drives your wellbeing. You will have an opportunity to explore activities that will help you to better understand what brings a sense of meaning to your life and to help you live more purposefully.

Mindfulness

This Masterclass aims to equip you with the knowledge and skills to apply two core components of mindfulness: present focussed awareness and non-judgement. Whilst regular mindfulness practice is highly useful, using mindfulness to navigate tough times can also be helpful. This Masterclass guides you through a mindfulness strategy called RAIN, helping you to better recognise, accept, investigate and nurture yourself during difficult moments.

Psychological Flexibility

This Masterclass will help you to learn to deal with challenges in novel and creative ways. You will explore a practical way to create more psychological flexibility by focusing on identifying the core values you want to live by, and committing to goals that are in line with those values. You will practice planning for obstacles and dealing with the emotional consequences of those obstacles to your goals.

Self-compassion

In this Masterclass we take a deep dive into the topic of Self-compassion. You will learn about the science behind self-compassion and explore how it is a more useful approach to dealing with mistakes than self-criticism. You will also have the opportunity to experiment with various activities that you can use to build your own self-compassion.

