

*Wellbeing Forum: Supporting
Wellbeing Champions presents...*

MAKING HYBRID WORK



**Chaplaincy
Plus
Wellbeing
Forum
22nd Sept 2021**

Welcome and Introductions

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Executive Director

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Purpose of The Wellbeing Forum

- ▶ Safe space to share the issues that are arising for you, as a wellbeing champion
- ▶ A place for you to draw strength for your role
- ▶ A place for bitesize learning and development
- ▶ Opportunity to think about what could help you in your role in the future and help shape our future sessions

Our contracting commitment



Look after yourself – please be mindful of your own well-being as we discuss that of others



This is about enhancing support ,not diagnosing or counselling people with anxiety disorders



If you, or someone you are supporting, are experiencing distress please do seek professional help via a GP or occupational health



During our session, all is confidential, and we are respectful to one another .



In these sessions, we ask that you keep your video on where possible , mute to exclude background noise, but please do wave or 'raise the Zoom hand' to attract attention

Let's check in with ourselves...

Take a moment to centre yourself and breathe, this is a time for reflection in your busy day.



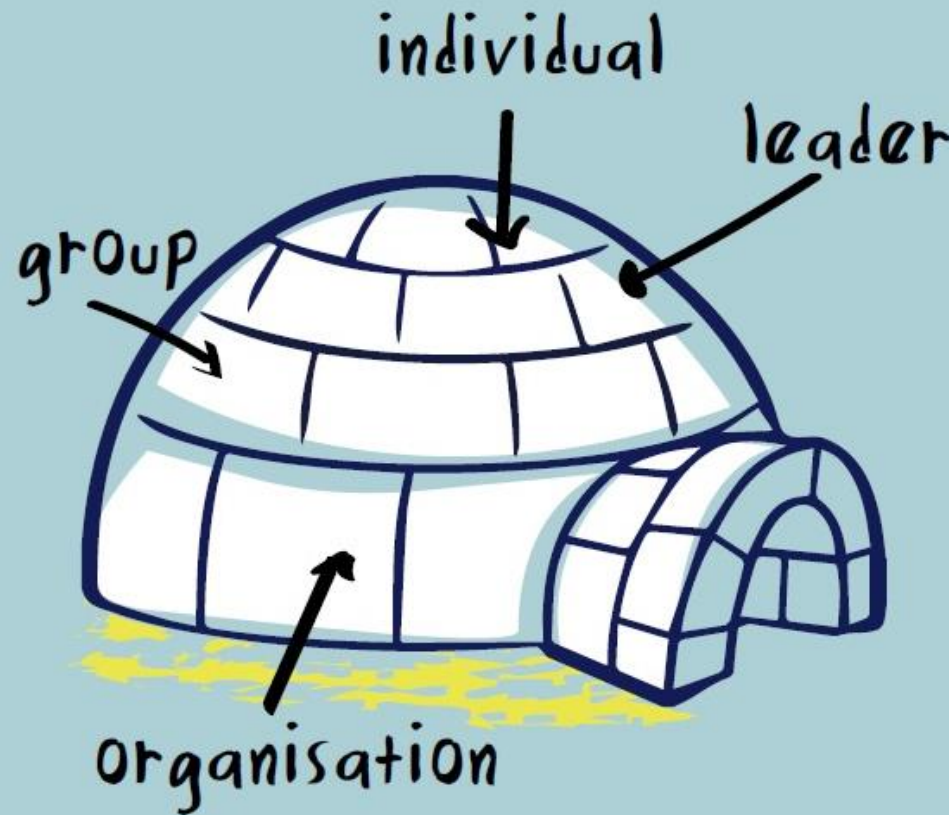
Making Hybrid Work

your IGLOO

staying mentally healthy at work
during the Covid-19 outbreak

your IGLOO

staying mentally healthy at work
during the Covid-19 outbreak



individual resources– like confidence, self care, looking after basic needs (e.g.sleep, move, connect)

group resources – help from colleagues, friends and family

leader resources – help from line managers, GP's or service provider

Organisational resources – help provided by your organisation, volunteer groups or charities

Karina Nielsen, Joanna Yarker,
Fehmidah Munir & Ute
Bültmann (2018) IGLOO:

Breakout Discussion Groups

- Let's explore what making hybrid work might look like for you personally &/or organisationally

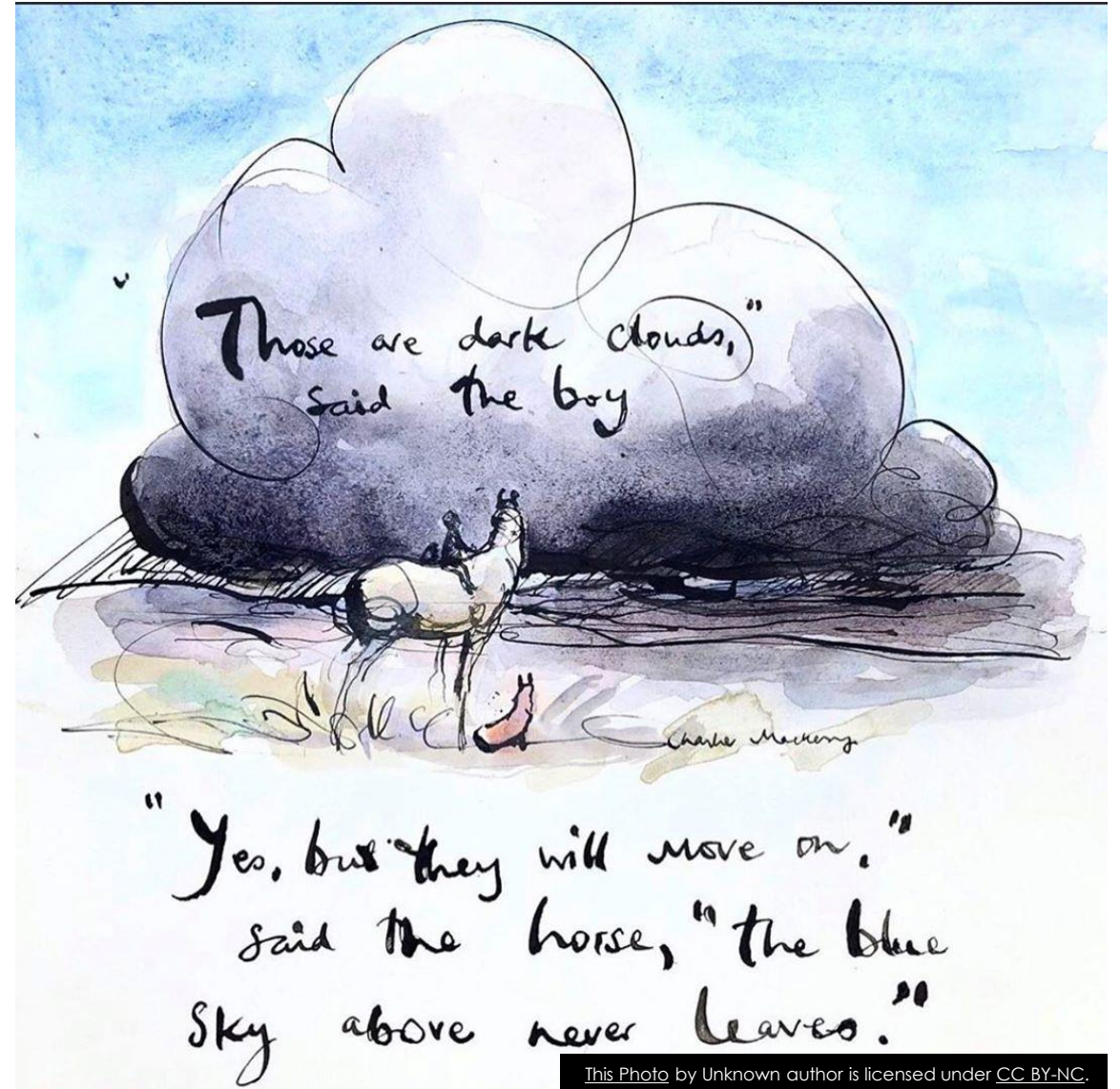
Summary of our session today

- ▶ We have reflected on what life might be like in Hybrid working
- ▶ We have explored the concept of the Igloo
- ▶ In our breakout group, reflected on what on what making hybrid work might look like for you as you consider the Igloo concept.



Plenary Group-Stretch

► Charlie Mackesy



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Birmingham Wellbeing Alliance

Premier 1 to 1 listening service for wellbeing champions & staff

Wellbeing Forum

Training – including MHFA

Online platform - Beingwell

Accreditation – Thrive at Work

EAP and coaching Support

**Thank you for
being part of The
Wellbeing Forum
today**

- ▶ Wellbeing Forum resources are on the C+ website
- ▶ BWA team provide 1:1 listening too wellbeing champions plus employees
- ▶ Please complete the Feedback form , it helps us shape future sessions – we are planning a programme over the forthcoming year.
- ▶ **Our next BWA Forum event will be on the 17th November 2021.**

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