******Optimum Workforce Leadership**

**Champions Learning Programme**

Web site: [www.optimumwl.co.uk](http://www.optimumwl.co.uk)

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| **WORKSHOP INFORMATION**  |
| Learning event title | Mental Health & Wellbeing - *(The delegate must have attended part 1 first)***Wellbeing Champion** |
| Who should attend this learning event? | A member of staff who has or could develop the qualities to support your service in the following way:-* Role modelling and sharing best practice
* Challenging current practice
* Mentoring and supporting colleagues
* Involvement in events and ongoing learning
* Celebrating success
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| What delegates should expect from this event | * As a follow on from Part 1, Part 2 of the Mental Health & Wellbeing training has been developed to enhance the participants skills, knowledge and understanding of mental wellbeing, especially with individuals who have been diagnosed with underlying mental health issues.
* It is a programme which includes taught and group activities.
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| What Optimum will expect from you: | * A signed learning agreement & booking form detailing who will be attending the session
* A Management commitment and a pledge of how you will support the champion back in the workplace
* Ongoing support and engagement with your champions to promote what they have learned and encourage changes in practice
* Sharing with us changes in practice and areas of success as a result of the programme
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| What Owners and Managers should expect from this programme | Investment in staff, staff retention, staff engagement and motivation and service improvement. |
| **Price – No charge (Non-attendance charges will apply – see booking form)** |