

Engaging and Supporting Teams from a Distance

How leaders can transcend geographical isolation to maintain their team's wellbeing and effectiveness during COVID-19.

Participants will learn:

- What is currently required of leaders during this extraordinary time
- That there is an opportunity at hand to strengthen teams despite external stressors
- The fundamental building blocks of wellbeing, mental health and work functioning
- The 2 key factors that research shows determine whether people cope well in isolation, and how leaders can leverage these for powerful, beneficial outcomes in their teams
- Why it is vital to recognise the interplay between wellbeing and communication, and how leaders must set the emotional tone
- How to be a 'curious listener' and apply the specific building blocks of effective communication to strengthen your 'working alliance' with all members of your team
- The powerful psychological factors at play that will determine whether people struggle or thrive during COVID-19
- The vital checklist of behaviours that ensures leaders are applying each of the fundamental ingredients to rise above the chaos and succeed.

Find out more

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