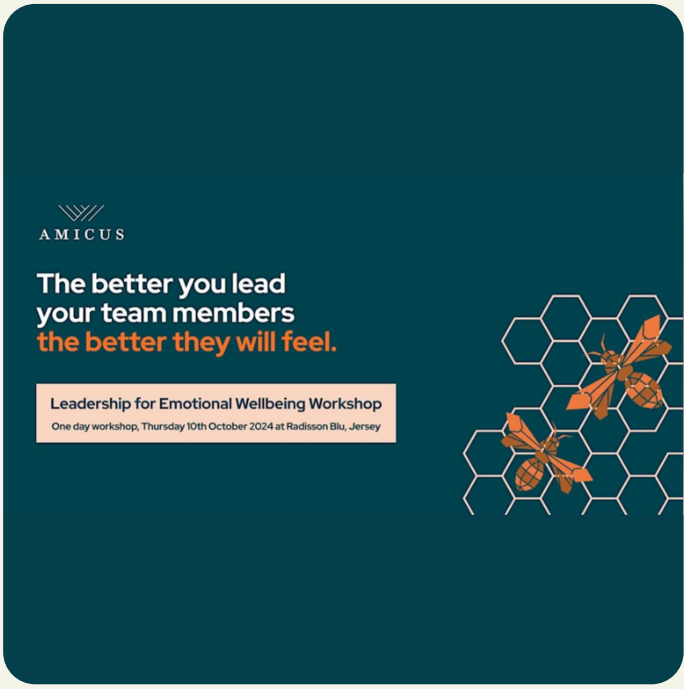
Leadership for Emotional Wellbeing Workshop

09:00 - 16:30 | 10/10/2024 | Radisson Blu Waterfront Hotel

Book now →



With stress, anxiety and poor mental health on the rise in the workplace, many organisations are experiencing employee burnout, costly levels of absenteeism and low retention of employees. Here at Amicus we have a great wealth of knowledge and skills in helping organisations develop and harness a mentally healthy organisation.

Book here

Who's it for?

This one day workshop is designed for those who manage others at work

What are the learning outcomes?

• Explanation of the theory and scientific background to emotional wellbeing in the workplace

• Real practical leadership skills in each aspect of emotional wellbeing

• Take away vital tool and techniques that can be applied in your own working environments

Who will be leading the workshop and what will they be covering?

Dr Charlie Tweed, our clinical psychiatrist, will unpack the science behind emotional wellbeing, how it affects our minds, and the links to motivation. Our expert leadership practitioners will then take you through step by step, how to use that science to your advantage and make lasting changes to the emotional wellbeing of you and your team.






The Case for
Wellbeing