

BITESIZE ACTIVE LISTENING: REACTMH®

References: Marchonstress.com, Mindtools.com, NHS digital

Train the Trainer'

In an increasingly 'VUCA' (volatile, uncertain, complex & ambiguous) world, active listening is rising in importance as a key component of leadership and workplace success.

- COVID-19 has exacerbated pre-existing concerns around the NHS workforce, whether it's recruitment & retention or diversity & inclusion
- Anxiety, stress and depression are still consistently the main causes of sickness absence amongst NHS staff
- The NHS people plan ambition is annual wellbeing conversations

The REACTMH® Course

March on Stress has developed a short workshop for supervisors to allow them to have a 'psychologically savvy conversation' with their teams, identify those struggling and signpost them for further support. The length of the session means that busy staff can access the training and it can be as widespread as possible throughout organisations.

The Training Offer:

There is the opportunity to partake in a 'train the trainer' session so that learning can be disseminated throughout the SEL healthcare economy. It is a 2.5hr virtual programme and spaces are limited.

[Please Click Here to register for this training](#)