

How to have safe and effective wellbeing conversations



Conversations training for line managers, peers and those with caring responsibilities for staff

We are pleased to confirm that as of 1 September 2021, we will be launching a national training programme that has been designed to support our NHS colleagues in having safe and effective wellbeing conversations, as set out in the NHS People Plan.

The programme, which was co-designed with a number of NHS organisations, will support delegates to understand what a wellbeing conversation is, when it may be appropriate to initiate one and provide them with additional knowledge and skills to have safe and compassionate conversations about various aspects of wellbeing. The programme will also advise how to safely signpost staff to additional support when needed, and offer an opportunity to practice a conversation in a safe, supportive and non-judgmental space of the session. To read more about this programme and to view available dates, please visit:

<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/having-safe-and-effective-wellbeing-conversations/>

