

Leading Teams Well Package



Leaders play a vital role in creating a mentally healthy work environment. Research consistently tells us that one of the most influential factors on a workplace's ability to thrive is regular mental health and wellbeing training for leaders.

SuperFriend's Leading Teams Well package provides a strong foundation of training, coaching and resources to build leader capability & promote mental wellbeing.

What's included?

Online Training Courses

Workplace Mental Health Essentials for All Staff

This course provides an introduction to workplace mental health and wellbeing to help to reduce mental health stigma and increase empathy. Learnings can be applied well beyond the workplace.

Workplace Mental Health Essentials for Leaders

This course provides learners with increased awareness for managing psychological risk and the importance of self-care for themselves and their team, and understanding on how to support a cohesive team and promote a mentally healthy workplace.

Positive Strategies for Success

This course provides individual team members with clear knowledge and practical strategies to boost their levels of engagement, productivity and psychological wellbeing while at work.

Small group coaching

A two hour small group coaching session (4-12 participants) aimed at addressing a specific business challenge. The bespoke session content and discussion guide are developed in consultation with the client and draw on theory and best practice.

Resources

Tools

- Mentally Healthy Workplace Toolkit
- Mental Health and Wellbeing Information Card
- Giving and Receiving Feedback poster

Tip sheets

- Using an integrated approach to support your team
- Understanding your legal obligations
- Psychological risk and protective factors
- Five Ways to Wellbeing - Engaging people and teams
- The role of leaders in supporting mental health and wellbeing
- Active listening
- Empathy, sympathy and compassion
- Active, constructive responding
- Five Ways to Wellbeing - General Staff
- Legal rights and responsibilities - employees
- The mental health continuum
- Peer support
- Growth mindset
- Promoting a growth mindset
- Cultivating a growth mindset activity
- Grow your team's mindset activity
- Motivation
- Motivation cards activity
- Team motivation
- Team goal setting activity
- Positive leadership
- An introduction to strengths activity
- Identifying your strengths activity
- My top VIA character strengths activity
- The VIA classification of 24 Character Strengths
- An introduction to strengths
- Five tips to apply your strengths at work activity
- Job crafting
- Job crafting quiz
- Job crafting bingo activity
- Job crafting activity
- Empowering job crafting
- Workplace culture
- Defining our team culture activity



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- Strengths-based leadership
- Paper tower building activity
- Strength stars activity
- Identifying strengths in leaders activity
- My Team's Top VIA Character Strengths activity

Guides

- Looking After You Guide
- Building Thriving Workplaces: Guidelines and Actions
- Manager's Guide to Difficult Conversations in the Workplace

Indicators of a Thriving Workplace Report

SuperFriend's annual national 'Indicators of a Thriving Workplace' survey is the largest study of workplace mental health across all workplaces, sectors and industries in Australia.

Internal marketing and communications pack

Package details

- Suitable for leaders and HR personnel
- Access for up to 12 learners
- Learner activity and evaluation reports provided for online training

\$ 3,800
(plus GST)