The **Understanding employee well-being** course shows the best way to engage your staff, detect the early signs of stress & burnout and identify the real reasons behind staff-turnover. You will learn the skills to establish meaningful staff-relationships and a management style that embraces everything that is good about your organisation.

Learning Outcomes

Upon completion of this course you will be able to:
- minimise work-force sick-days
- recognise and prevent stress & burnout
- increase the positive engagement of your staff
- understand and be able to implement systemic rules that creates more successful leadership
- develop trust and confidence in your company
- unlock the secrets of increased productivity lower staff attrition rates

Modules:

1. Understand the systems that affect positive interactions and relationships with your staff
2. Common mistakes that managers make
3. Building a high - performing team that is motivated and aligned
4. How to develop wellness and engagement in your staff
5. Stress & Burnout prevention and the impact of getting it wrong