IPI Academy

MANAGEMENT forum



Presented by
Management Forum

Managing the Modern Workplace: The Role of Wellbeing

Recorded on **23 September 25**

As more individuals struggle at work due to declining mental health, this course highlights its impact and explores key wellbeing components, warning signs and effective support strategies.

Format:
Recorded webcast

CPD:
1 hours for your records

Certificate of completion

Course overview

There is a significant increase in the number of individuals struggling to function at work due to a self-reported worsening of their mental health and wellbeing (including anxiety, stress and depression). It is therefore essential that we take the time to acknowledge the impact that this is having on individuals and the workplace.

Employees having poor mental health costs British businesses an estimated £28.3 billion per annum. In addition, studies have revealed that 460,000 people transition from work to sickness and disability benefits a year, which costs employers £9 billion a year.

An individual's wellbeing and the 'culture of wellbeing' in the organisation cannot be nurtured through light-touch tokenistic gestures, but through establishing a culture of active listening that extends from a position of wanting to understand how genuine support can be effectively provided. This includes not only listening to others but also to our own mental health and wellbeing needs.

This exciting **FREE** lunchtime session will:

- Discuss definitions of wellbeing, acknowledging that it has many different components
- Detail what each of these components are and the need to understand the symbiotic significance of each component
- Draw on neurological evidence to examine the signs of declining wellbeing and explain the related negative outcomes to the individual and the workplace
- Address ways in which this deterioration in individuals and organisations can be prevented and consider ways, with examples, in which overall wellness can be improved
- Detail why this wellbeing is key to both personal and professional success, as well as individual and organisational growth

Benefits of attending

- **Identify** staff learning and development needs in relation to mental health and wellbeing and provide access to appropriate training
- **Build** prevention and mental health and wellbeing promotion in day-to-day work within the workplace
- **Work collaboratively** with colleagues and other teams to raise awareness of mental health and wellbeing, reducing the stigma associated with mental illness
- **Provide and promote** healthier lifestyle choices within the workplace that will reduce absenteeism, enhance wellbeing and increase productivity
- **Establish and embed** a psychologically safe environment and promote mental health in the workplace

Who should attend?

This course is relevant for existing leaders and managers, as well as those new or aspiring to a management role who want to achieve greater success by enhancing their leadership skills through adopting a compassionate approach.

Presenter



Claire Mould

With over thirty years' experience of working in and with the public, corporate, and charitable sectors, Claire has expertise in providing strategic, analytical, emotionally intelligent solutions that engender, inform, facilitate and embed growth through compassionate leadership.

Extending from post-doctoral studies on neurology, specifically the link between emotional intelligence and cognitive intelligence, Claire has written, presented, and worked at a national, European, and international level and has published several research papers and books.

In her previous time as a CEO of various charities, she has practical experience in the art of compassionate leadership and has developed a real passion for helping individuals and organisations to optimise their growth potential.

In addition to her work as a facilitator, delivering sessions and presenting, Claire also works as an independent consultant providing emotionally intelligent strategic solutions, embedding compassionate leadership and maximising growth.

In her spare time, Claire runs for mental health and wellbeing, including running marathons and ultra marathons.

Course date

23 September 25

Recorded webcast
12:00-13:00 **UK (London)** (UTC+01)
Course code 16648

How to book

Online:
ipi.academy/3276

Alternatively contact us to book, or if you have any queries:

Email:
info@ipiacademy.com

Phone:
+44 (0)20 7749 4749

Discounts

- Booking more than one delegate on any one date qualifies for a **30% discount** on the second and subsequent places.
- Most events qualify for an **early booking discount** prior to 6 weeks before the course date. Be sure to check on our website, where the latest discounts will be shown.

Further information

Fee
The fee includes all meals and refreshments for the duration of the course (for venue-based courses) and a complete set of course materials (provided electronically). If you have any particular requirements, please advise customer services when booking.

Please note
IPI Academy (and our training partners) reserve the right to change the content and timing of the programme, the speakers, the date and venue due to reasons beyond their control. In the unlikely event that the course is cancelled, we will refund the registration fee and disclaim any further liability.

Terms and conditions
The rest of the our terms, the event cancellation policy and the terms and conditions are on our website, please visit ipi.academy/content/terms-and-conditions

Reviews

★★★★★

I liked how the webinar explained the importance of mental health and wellbeing in the workplace. I especially found the discussion about recognizing signs of stress and creating a supportive work environment helpful. It gave practical examples of how both employees and managers can contribute to a healthier workplace. Speakers are very clear, engaging with other people in webinar.

Maira Cortez
Senior customer service rep
Amalgamated Sugar Company
Sep 23 2025

★★★★★

Great presenter very informative, very approachable/friendly and positive presentation. Overall great work! would love to see more seminars from this person.

Andreas Michael
Scientist
Pharmaxo Scientific
Sep 23 2025

Run this programme in-house for your whole team

Coming to IPI Academy for your in-house training provides an all-inclusive service which gives you access to a wide variety of content, learning platforms and delivery mechanisms as well as your own personal training adviser who will work with you from the initial enquiry through to feedback and follow-up after the programme.

With over 600 trainers, all practitioners and experts across a huge range of fields, we can provide the training you need, where you need it, when you need it, and at a price which suits your budget. Our approach to tailored learning and development consists of designing and delivering the appropriate solution for each client.

For your FREE consultation and to find out more about how we can work with you to solve your training needs, please contact our training advisers:



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IPI Academy

IPI Academy is a training initiative of Falconbury and Management Forum; leading providers of industry training for over 30 years, based in the UK.

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