

SUPPORTING POST COVID RETURN TO WORK

A 90-minute learning nugget for up to 15 participants

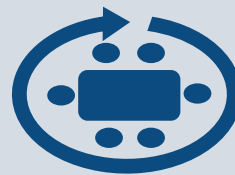
Can be delivered virtually on Zoom or your own company platform

This thought provoking and engaging learning nugget introduces participants to the how managers can support their team members in returning to work post COVID-19, ready to get going as soon as they leave the session.



WELCOME AND INTRODUCTIONS

Reasons people may struggle returning to work.
Outcomes and agenda



REFLECTING ON OUR OWN THOUGHTS/ FEELINGS

It's important to understand how we feel about returning to work, looking after ourselves to look after others

UNDERSTANDING INDIVIDUAL REACTIONS

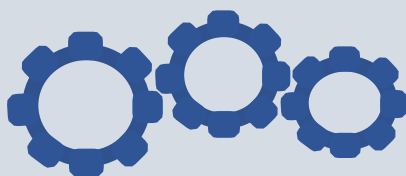
Group discussions look at how individuals might react to returning to work, what might be difficult and the language and behaviours to look out for

WHAT CAN YOU DO TO SUPPORT?

Enabling honest conversations, introduction to the feelings wheel and how to use it, preparing for, opening and holding conversations, tips for supporting people

WHAT WILL YOU DO TO SUPPORT?

Review of what participants will do to support their teams, design and implementation plans are created



ACTION PLANS AND INTEGRATION

The session is summarised and actions are planned and shared across the group