

## Tell us what you'd like from the next session?

- How to support my team
- Ways to support others in the changing world
- How to look after my own mental health
- How to support my colleagues
- Training/Awareness opportunities
- Practical ways to measure and improve resilience
- A break please it's a lot of information to take in
- Supporting team members who are not comfortable working from home. What does blended look like?
- Managing stress/or anxiety
- Coping with underlying stress and anxiety
- Support mechanisms. Flexible working arrangements discussion.
- Support staff in returning to offices
- Managing stress and workloads whilst remote working.
- Up-to-date guidance in relation to covid 19
- Transitioning to home/office hybrid working
- Toolkits for coping
- How best to support your team well whilst taking care of yourself also
- How to support others
- Mental health advice
- Support mechanisms.
- How to support the team going forward
- Promoting trust
- How to build resilience
- Mental health tips
- Mental Health advice for myself and my staff team
- SLT guidance is helpful but how much flexibility as managers can we employ to staff on an individual basis.....sometimes feels stifled by current guidance
- Peer support for experiencing changes in the workplace and as we emerge from pandemic perhaps
- Coping with teams and individual stresses

- How to support team members who are struggling whilst being fair to the rest of the team
- Practical advice for managers dealing with mental health issues in their team
- How do I support my team going forward
- Resilience
- How to support my team in the future
- Building resilience
- Viewing managers as human beings
- Mental health advice
- Entering a managerial role in this climate / new working way. How that would potentially differentiate from pre covid.
- Supporting teams going forward and making changes.
- How to manage team when they are frontline working whilst home working
- How to support others mental health
- How do deal with feeling overwhelmed
- Leadership skills to promote and support wellbeing
- Thoughts of those who aren't in a managerial/supervisory role. Do they feel they are getting the support that they need from us?
- Balancing service needs and individually needs