

Wellbeing Conversations training

Staff wellbeing remains a key priority, and as part of that commitment, we want all colleagues, including managers who supervise staff, to attend Wellbeing Conversations training.



This not only provides a dedicated, safe space to attend to your own wellbeing, but also to help embed supportive and compassionate conversations across your teams.

The training has received excellent feedback and staff who have already attended can champion this for us.

There are a range of dates available to choose from to ensure as many staff have an opportunity to attend.

To book on, please go to ESR, search '844 Wellbeing'. If you need help, contact WCNT.Training@nhs.net

Albert Lodge VCH -TR4	Wed 25/03/26	9.30am – 12.30pm
Education Centre, Arrowe Park Rooms 5&6	Wed 27/05/26	9.30am – 12.30pm
MS Teams	Wed 03/06/26	9.30am – 12.30pm
Albert Lodge VCH - TR5	Thur 16/07/26	9.30am -12.30pm
Education Centre - APH Rooms 5&6	Wed 23/09/26	9.30am -12.30pm
MS Teams	Tues 10/11/26	1.30pm- 4.30pm

The MS Teams joining link is normally sent over to delegates a couple of days before the training by the facilitator who sets this up. We don't normally include the joining link on ESR instructions.