unum

Unum Hosted Workshops

for existing Unum customers

13th March 2018 10:00 London

Mental Health Workshop

Mental Health in the Workplace

We are pleased to invite you to our newest workshop which will focus on the growing awareness of and the importance of good mental health and wellbeing in the workplace. Not simply because it's the "right thing to do", but because recognising, valuing, improving and protecting mental wellbeing in the workplace makes sound business sense.

During the session we will explore

Why mental health is a universal asset for individuals, organisations and society

How to recognise mental health

How you can give staff the tools to help identify, manage and prevent poor mental health in the workplace

16th July 2018 10:00 Webinar

Fluctuating conditions

Fluctuating conditions can affect anyone and include asthma, diabetes, cancer, arthritis and depression. Whatever the condition, the principles behind providing support are the same.

In this practical workshop we'll explore the characteristics of a fluctuating condition; we'll examine how to have conversations which empower the employee to enable shared knowledge and shared decision making; we'll explain the support that you can access and look at ways to review the employee's progress so that any potential relapses are better managed at work.

What does it cover?

What is recurring condition?

How we can support in the workplace

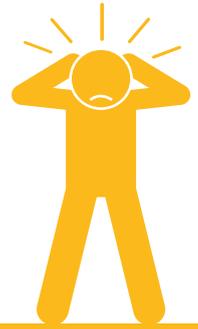Sharing knowledge and shared decision making

Support available

11th September 2018 10:00 Birmingham

Stress Awareness

Stress-related illness is one of the most common causes of absence. It can impact productivity, staff engagement, and lead to long-term absence.

This session, developed in partnership with Affinity Health at Work, shows how to recognise the signs and reduce key triggers - a vital skill in today's workplace.

What does it cover?

- Managing stress and why it's important
- The manager's role
- Recognising signs of stress
- Building and maitaining resilience
- Providing support through stressful times

11th December 2018 10:00 Webinar

Sickness Absence Management

Sickness absence affects productivity and can cause increased costs.

This session shows how managing sickness absence effectively can help to reduce costs and support absent employees as well as helping staff to stay healthy.

What does it cover?

- The cost of staff absence
- Recognising absence trends
- Supporting an employee through sickness absence
- Recoring absence effectively and using data
- Return to work planning and interviews

To book your place please email: **Oncourse**@unum.com