



**IPI**  
Academy



*Presented by*  
**Management Forum**

# Managing the Modern Workplace: Enhancing your Team's Wellbeing by...Knowing the Role of Wellbeing

**23 September 2025**

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:**  
Live online



**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 2025**

**Live online**

12:00-13:00 **UK (London)** (UTC+01)

Course code 16648

## How to book



**Online:**

[ipi.academy/3276](https://ipi.academy/3276)

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



**Email:**

[info@ipiacademy.com](mailto:info@ipiacademy.com)



**Phone:**

[+44 \(0\)20 7749 4749](tel:+442077494749)

## 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 our terms, the event cancellation policy and the terms and conditions are on our website, please visit [ipi.academy/content/terms-and-conditions](https://ipi.academy/content/terms-and-conditions)



## 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:



**ALEKSANDRA BEER**

**Tel:** [+44 \(0\)20 7749 4749](tel:+442077494749)

**Email:** [inhouse@ipiacademy.com](mailto:inhouse@ipiacademy.com)



**YESIM NURKO**

**Tel:** [+44 \(0\)20 7749 4749](tel:+442077494749)

**Email:** [inhouse@ipiacademy.com](mailto:inhouse@ipiacademy.com)



**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.

10-12 Rivington Street  
London EC2A 3DU

[ipi.academy](http://ipi.academy)

**Tel:** [+44 \(0\)20 7749 4749](tel:+442077494749)

**Email:** [info@ipiacademy.com](mailto:info@ipiacademy.com)