



Presented by
Management Forum

Managing the Modern Workplace: Enhancing your Team's Wellbeing by...Utilising Compassion

14 October 2025

Work-related stress affects 914,000 workers annually, costing the UK £28.3 billion. Join our FREE session to learn how compassionate leadership can reduce stress and boost workplace wellbeing.



Format:
Live online



CPD:
1 hours for your records



Certificate of
completion

Course overview

Did you know that the most common type of stress is work-related stress? 914,000 workers suffered from work-related stress, depression or anxiety (new or long-standing) in a 2021/22 Labour Force Survey (LFS), with 17 million working days being lost due to this.

People taking sick days because of work-related stress or burnout is costing the UK economy £28.3 billion a year, according to new research which highlights the financial toll of poor mental wellbeing (NICE).

Compassionate leaders provide clear goals and good team leadership within a psychologically safe environment, leading to lower levels of stress. In organisations where there is an absence of compassionate leadership, staff report high levels of work overload, less influence over decision-making and poorer outcomes. Compassionate leadership increases staff engagement and satisfaction, as well as improved financial performance.

This **FREE** lunchtime programme will discuss:

- What compassionate leadership is and how this differs from other forms of leadership
- The direct link between compassionate leadership and successful, sustainable organisational growth
- The key components of compassionate leadership and how this can be achieved in practice

Benefits of attending

- **Learn** what compassionate leadership is
- **Explore** how compassionate leadership differ from other forms of leadership
- **See** how compassionate leadership results in high-quality productivity and improved financial performance
- **Discuss** the direct link between compassionate leadership and successful, sustainable organisational growth
- **Understand** the facilitation of compassionate leadership approaches that will enable crucial conversations about inclusion, addressing inequities and discrimination in the workplace
- **Support** teams to have clear goals and good team leadership, which will dramatically lower levels of stress
- **Establish** rigorous performance management of individuals, teams, organisations and systems through authentic compassionate leadership
- **Hear** examples of compassionate leadership in practice

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

14 October 2025

Live online

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

Course code 16649

How to book



Online:

ipi.academy/3277

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



Email:

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



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IPI
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