



# Leadership and Wellbeing

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## Cultivating Psychological Safety and High Performance in the Workplace

### Highlights

- Strategies to prioritize your own mental health and reduce stress.
- How to create a supportive environment where your team feels comfortable taking risks, voicing concerns, and offering their best ideas.

### Key Competences

- Psychological Safety
- Effective Communication
- Stress Management
- Strategic Thinking
- Leadership Resilience
- Change Management

### The Right Programme for You

Feeling the pressure to meet performance goals, manage deadlines, and motivate your team – all while juggling your own work-related stress? This program is designed for mid-level to senior manager leading teams of all sizes.

Senior Managers

Managers



### Learn, Practice and Use

- **Detect** early signs of burnout, anxiety, and stress within your team
- **Promote** open communication, encourage a healthy work-life balance, and provide mental health resources
- **Develop** exceptional communication skills to convey empathy and support
- **Implement** self-care practices and demonstrate vulnerability to inspire your team
- **Create** a psychologically safe environment where your team feels comfortable taking risks and voicing ideas
- **Use** strategies to maintain high levels of engagement and motivation among your team
- **Learn** to achieve business results while maintaining your team's wellbeing
- **Apply** tools and techniques immediately to improve team dynamics and performance

## Practical Information

### Face-to-Face



**3 days**  
**€ 3495**

### Live Online



**6x** 3-hour  
sessions  
**€3,495**

### Available In-Company

The programme is available as an In-Company solution for your teams. More information at [mce.eu/inco](https://mce.eu/inco)

# Programme Modules

1

## **Understanding Psychological Safety**

- Core concepts and importance
- Link to performance and innovation

2

## **Communication Skills for Leaders**

- Techniques for clear and empathetic communication
- Active listening and conflict resolution

3

## **Stress and Burnout Management**

- Identifying signs of stress
- Strategies for intervention and support

4

## **Building a Supportive Culture**

- Promoting open communication
- Encouraging work-life balance

5

## **Leading by Example**

- Self-care practices
- Demonstrating empathy

6

## **Engagement and Motivation**

- Strategies to keep the team motivated
- Creating a positive work environment

7

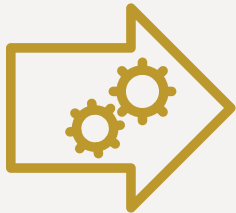
## **Balancing Performance and Wellbeing**

- Techniques for managing competing priorities
- Tools for maintaining productivity without sacrificing wellbeing



# Learn

the key business skills and knowledge you need for your management role today and tomorrow



# Practice

the skills you learn and get feedback, recommendations and coaching



# Use

what you learn and practise as soon as you get back to your office

For more information please contact:



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