



## Aim:

Lewisham Council wanted to provide crucial support for their staff at a time of increased stress and uncertainty caused by the Covid-19 pandemic. They wanted staff to feel understood in all of their personal journeys and to help managers aid in that development

## Solution: Wellbeing webinars

The highly interactive webinars were designed to contain interesting and relevant theoretical elements that provided a useful platform for networking and sharing ideas.

Also included were practical strategies that enabled participants to implement their learning and encouraged self-development

## Feedback:

*Staff who attended one or more of LifeClubs wellbeing webinars reported that the sessions were engaging, informative and increased their understanding of the key factors that impact on people's confidence, motivation and wellbeing.*

**WA, L&D practitioner**

*I found the sessions really helpful. Some of the people management and personal reflection techniques that I learnt in my sessions have influenced the way that I have managed since and the career decisions that I have subsequently made.*

**Manager**