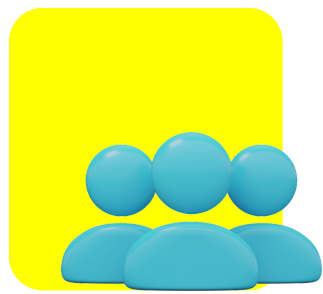


Workplace Wellbeing

Fostering workplace wellbeing is the heartbeat of a vibrant professional environment, where colleagues thrive and collaboration flourishes. A positive workplace culture not only enhances job satisfaction but also boosts overall productivity.

When employees feel valued and supported, they are more likely to be engaged, creative, and committed to their tasks.

Mutual relationships are the cornerstone of a healthy workplace, promoting teamwork and a sense of community. Shared successes become celebrations, and challenges are opportunities for collective problem-solving. Recognising and appreciating the contributions of colleagues creates a positive ripple effect, enhancing morale and fostering a can-do spirit.



Reflective Practice services – Guided group reflections

A safe and confidential space for teams who have been undertaking highly challenging work or who have encountered difficult situations, enabling them to reflect on the psychological and emotional impact of their experiences.

01332 787703 ddicb.wellbeing@nhs.net



REACTmh – Training for staff

Being able to speak with a supportive and trusted peer or line manager in times of difficulty can make a big difference to our mental health. Your Wellbeing Team delivers short, practical, and skills-based courses (either 1-1 or training for teams) to enable staff to have effective and supportive conversations about mental health with their colleagues.

01332 787703
ddicb.wellbeing@nhs.net



Health improvement advisors

Book an appointment with your dedicated Staff Health and Wellbeing Team. The team will be able to distribute specialist knowledge, raise awareness and promote local and national initiatives to improve wellbeing within your teams.

The benefits extend beyond the office walls, as a supportive work environment contributes to improved mental health and reduced stress. It's a place where individuals not only excel professionally but also find fulfilment and camaraderie. Investing in workplace wellbeing is an investment in a positive, collaborative, and fulfilling professional journey for everyone involved.



DERBYSHIRE

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