



Supply Chain North East

## Back to Business Basics

Employee Wellbeing Programme May 2021

Employees are having to deal with challenges that as human beings have always been there. However more recently, the Covid-19 crisis has brought further challenges from both inside and outside the workplace. Employers and employees need new strategies and mechanisms to truly optimise the health and happiness of their people, enabling them to contribute and focus fully on business challenges.

The Back to Business Basics Employee Wellbeing Programme has been designed to give SME owners, leaders & managers and aspiring leaders & managers an overview of how to lead and manage employee wellbeing within the workplace, together with their own self development.

The programme will be delivered by experienced partner Peak Performance Partnership (3P), who are a business performance consultancy specialising in talent management, leadership development and employee engagement. Trevor Norman, from 3P who will deliver the programme, is an experienced Leadership and Business Coach, a qualified Cognitive Behavioural Therapist and specialises in organisational and behavioural Analytics.

SME's in the North East LEP area who have registered for the Supply Chain North East programme can gain access to these courses.

**Find out more:** [scne@northeastautomotivealliance.com](mailto:scne@northeastautomotivealliance.com)

[www.northeastautomotivealliance.com/neaa-programmes/supply-chain-north-east/b2bb/](http://www.northeastautomotivealliance.com/neaa-programmes/supply-chain-north-east/b2bb/)



# Wellbeing

The Employee Wellbeing Programme is set out across 3 modules; Leadership, Engagement & Resilience and Health & Wellbeing, plus an additional Mindfulness session with ARK Associates.

## LEADERSHIP - 7 MAY, 9.00-1.00PM

### Key Topics

- Gain an understanding of best practice leadership
- Explore various styles of leadership
- Understand core competencies and behaviours of successful leadership
- Discover the 4 key areas of emotional intelligence (EQ)
- Improve your own levels of self-awareness

### Key Outcomes

- Identify areas for personal development
- Create personal action plan to improve your emotional intelligence and leadership competencies
- Access to tools, techniques and resources to continue development and take back to your business

## MINDFULNESS - 14 MAY, 9.00-10.00AM

Delivered by specialist coach Alan Ross of ARK Associates. Alan set up his company 25 years ago, after a corporate career in the FMCG industry. Alan incorporates yoga and mindfulness into his leadership development work, where his clients include senior leaders from major public and private sector organisations, including ZF Automotive.

## ENGAGEMENT & RESILIENCE - 14 MAY, 10.00-1.00PM

### Key Topics

- Understand how to increase levels of employee engagement in the workplace
- Explore how to implement the four key enablers of engagement
- Identify the link between personal values and organisational performance
- Understand the stages of change and the impact on your emotions
- Appreciate the importance of a robust support network

### Key Outcomes

- Identify your own personal values and how well they align with your career
- Create personal action plan to improve your own resilience
- Access to tools, techniques and resources to continue development and take back to your business

## HEALTH & WELLBEING - 21 MAY, 9.00-12.00PM

### Key Topics

- Explore the key areas of health and wellbeing
- Understand human needs and individual fulfilment
- Consider the impact of remote working on health and wellbeing
- Know how to identify and manage stress and mental health

### Key Outcomes

- Identify your own intrinsic motivators and how to fulfil them
- Create personal action plan to assess and improve your own health and wellbeing
- Access to tools, techniques and resources to continue development and take back to your business

Supply Chain North East brings together four key partners to work with over 800 businesses through to 2021, supporting them to identify opportunities in new and existing markets. An integral part of the North East Strategic Economic Plan, that has a vision to create 100,000 more and better jobs between 2014 and 2024. Supply Chain North East is delivered across the region by RTC North, Generator, North East Automotive Alliance (NEAA) and North East Process Industry Cluster (NEPIC).

Supply Chain North East is a multimillion programme aimed at revolutionising the way SMEs diversify their offering and embrace new markets. The programme has received more than £3m of funding from the England European Regional Development Fund, which is part of the European Structural and Investment Funds Growth Programme 2014-2020.

Funded by



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