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Well-being Week 2025

Take a look at our events for our Well-being Week 2025 which runs from 20 to 24 January 2025.

First published: 11 November 2024

Last updated: 18 November 2024

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Go to <https://socialcare.wales/resources-guidance/health-and-well-being-resources/well-being-week-2025> for the latest version.

See the programme of events for Well-being Week 2025, which runs from 20 to 24 January 2025.

Well-being Week 2025 is a week of online events where people in the sector can come together to learn about well-being and share best practice.

The events are open to everyone in the sector. If you're registered with us, attending events will count towards your continuing professional development (CPD).

You can attend as many events as you like.

Our events

We'll keep updating this page until Well-being Week. Check back soon for more events and information about the sessions!

Monday, 20 January: 9.30am to 11am

Webinar: what we know about well-being at work

Social Care Wales and Healthy Working Wales

In this session, we'll share the well-being themes that came up in our workforce survey and how you can give the right well-being support for people working in social care, early years childcare and play.

Healthy Working Wales will join us to talk about their workplace guidance, covering key themes including:

- supporting people with health conditions in work
- women's health
- mental health.

[**Find out more and book your place**](#)

Monday, 20 January: 12.30pm to 3pm

Workshop: how to create policies which support well-being at work

Social Care Wales and RCS wellbeing for work

Every part of our working life affects our well-being, including the environment in which we work, how we feel about our work, the organisation and the people we work with.

This workshop will be a great opportunity to:

- take some time to think about the content of your organisation's policies
- hear suggestions and advice about how to change your policies to better support well-being in your workplace
- share ideas with other managers and team leaders on how to make policies effective and meaningful
- discuss what to include in a well-being at work policy
- get policy templates and links to further resources and support you could include.

[**Find out more and book your place**](#)

Tuesday, 21 January: 10am to 11.45am

Workshop: how to support people who are new to living and working in Wales

We know that more people are moving to Wales to provide vital care and support.

Supported and motivated workers are more likely to carry on working for you for longer.

We will share with you a guide that is available to support people who are new to living and working in Wales.

This session will also connect you to other managers and team leaders to share experiences of how to welcome new staff and settle them into their new role.

[Find out more and book your place](#)

Wednesday, 22 January: 9.45am to 11.45am

Webinar: understanding psychological safety

Feeling connected, supported and able to be open and honest are key to feeling psychologically safe at work.

Research tells us that high levels of psychological safety predict good performance, safety and outcomes.

But is this always possible when we feel stressed and have increasing workloads?

This session explores how we can work to maintain psychological safety for ourselves, and the people we work with, in challenging times.

[Find out more and book your place](#)

Thursday, 23 January: 9.45am to 11.45am

How to create spaces for supportive conversations

Social Care Wales and Canopi

Feeling supported by the people we work with is one of the most important things that affect our well-being at work.

Some people at work will develop relationships which they find supportive – especially when work is challenging. For others, it doesn't happen as easily.

This session will consider some simple steps you can take to create a workplace where supportive conversations are normal, encouraged and able to happen often.

[**Find out more and book your place**](#)

Thursday, 23 January: 1pm to 3pm

How to support people to speak up safely at work

'Speaking up safely' arrangements are really important in the workplace. They help to protect the workforce and the people we support and makes for better quality care.

Having the right culture is key for people to be able raise a concern in work and feel they are listened to and supported appropriately throughout.

In this session, we'll look at how compassionate leadership enables people to speak up safely at work. It will include what good 'speaking up safely' arrangements looks like and what you should have in place.

[**Find out more and book your place**](#)

The views and opinions expressed at these workshops are those of the speakers and do not necessarily reflect the views of the organisations they represent, or the views and opinions of Social Care Wales.