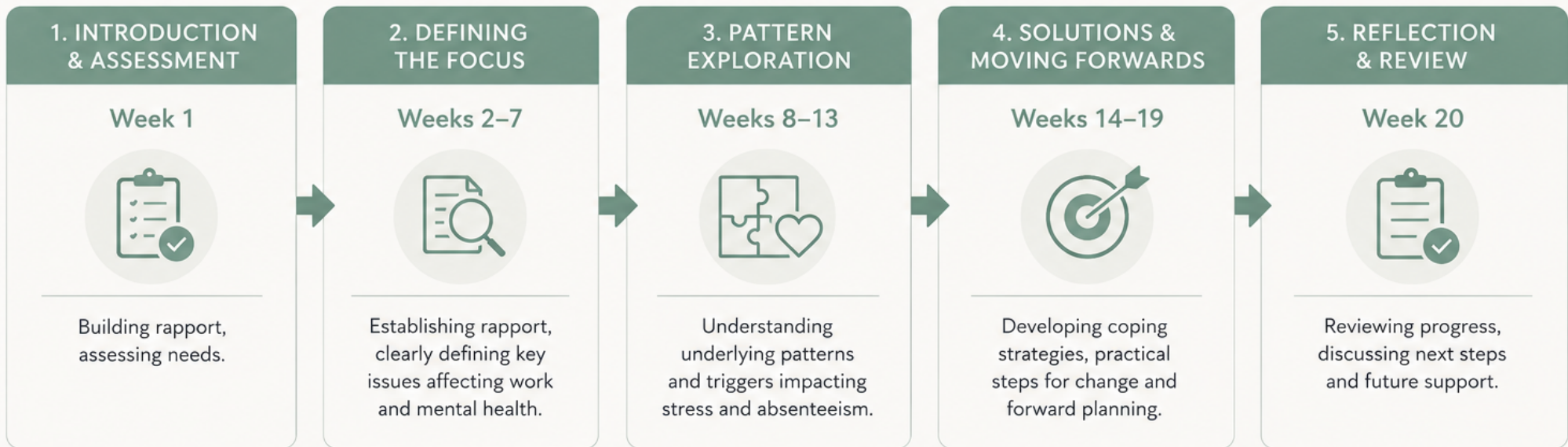


Staff Wellbeing Programme Structure

The 20-week Staff Wellbeing Support Programme provides targeted, psychodynamic support focusing on work-related stresses and their impact on mental health and attendance.

- Staff are supported through focused sessions addressing key issues affecting work and wellbeing.
- 20 weeks is seen as an optimal time frame – focused yet short-term – to deliver results.
- A structured approach ensures clear beginnings, middle and end to each term.



DURATION: 20 WEEKS

Focused, time-limited support with measurable outcomes.