

New module

Supportive conversations with colleagues



About the module

Videos included: 4

Presenter: Peter

The *Supportive Conversations with Colleagues* module provides participants with tools, techniques, and insights to foster open, empathetic, and effective communication in the workplace. Designed for employees, managers, and teams, the session emphasises the importance of creating a supportive environment that promotes trust, collaboration, and emotional wellbeing.

Key Takeaways

- Supportive conversations require active listening, empathy, and emotional intelligence.
- A small gesture, such as asking "How can I help?" or "How are you really feeling?" can significantly impact someone's day.
- Addressing conflicts or concerns with respect and understanding strengthens team relationships.
- These conversations are not just beneficial during crises but should be part of daily workplace interactions.

Tone: Friendly

Messaging to employees

Subject Line: Let's Talk: Simple Ways to Support Your Colleagues

Ready to make your workplace a little more supportive? Join the **Supportive Conversations with Colleagues** webinar, available now on **Wellbeing Online**! This session is packed with tips to help you:

- 📢 Tackle sensitive topics with confidence.
- 💡 Become an even better listener.
- 🤝 Build stronger, more meaningful connections with your team.

💡 *"Small conversations can lead to big changes."*

Here's How to Watch:

- 1 Head to <https://exploremywellbeing.com/>.
- 2 Log in (or register) with your work email.
- 3 Click on the **Supportive Conversations** module and dive in!

👉 **Login to Wellbeing Online and watch now!**

Tone: Professional

Messaging to employees

Subject Line: Enhance Your Workplace Conversations with Confidence

Discover how to build a more empathetic and supportive workplace by attending the **Supportive Conversations with Colleagues** webinar. Exclusively available on **Wellbeing Online**, this insightful session will equip you with tools to:

- Confidently navigate sensitive topics.
 - Develop advanced listening skills.
 - Strengthen connections within your team.
- "Small conversations can lead to big changes."*

How to Access the Webinar:

- 1 Visit <https://exploremywellbeing.com/>.
- 2 Log in or register using your work email.
- 3 Navigate to the **Supportive Conversations** module to begin learning.

 **Log in to Wellbeing Online today and start your journey toward more impactful conversations!**