# Challenging wellbeing: an introductory workshop for governors and trustees

## What is the workshop about?

You will discuss:

* How you currently monitor the health and wellbeing of your workforce and students/learners
* Yourlegal obligations and responsibility as a governor/trustee and employer in making your workplace a supportive and productive environment in which employees and learners can flourish and achieve their full potential
* How governors/trustees can demonstrate commitment to the health and well-being of their workforce and learners

You will:

* Use the national Workplace Wellbeing Charter Standards for England self assessment audit tool
* Estimate the cost of sickness, absence and presenteeism to your organisation and benchmark it against other education and training providers/sectors
* Identify relevant readily available information, resources, practical help and local support
* Review positive case study examples from the sector
* Identify gaps and questions you want to ask your team
* Establish the content and frequency of information/data and reports you want to be able to provide informed challenge about health and wellbeing
* Identify at least one action point to take back to full governing body or committee for consideration

## What do I need to do or bring with me?

We will hold the workshop in your organisation at a date and time to suit you before the end of March 2015. The format will include discussion and informal questions and answers. It will be contextualised specifically to your organisation.

You will need access to Wi-Fi and please bring a laptop/ mobile device (e.g. a smartphone or tablet) with you so that you can use online information and resources during the session.

## Who will facilitate the workshop?

The national Healthy FE and Skills programme (which is hosted by NIACE) has been commissioned to develop this pilot. Your facilitators will be:

* Ann Creed, NIACE Associate and FETL Fellow
* Lisa Hartley, Regional Healthy FE and Skills Co-ordinator

## What is the follow-up session about?

Following the workshop, we will invite you to attend a 45-minute virtual session (a webinar or tele-conference) with the 3 other pilot providers to evaluate and help to shape any future work with for governors and trustees.

* What was useful? What could be left out? Where were there gaps?
* Is it a helpful model of professional development for governors/trustees? Should the workshop be included in the AoC offer for governors?
* Could the workshop be used in your college/organisation or could the content be presented differently in order to have more impact?
* How else can we engage governors/trustees in the sector to raise their awareness of staff and student wellbeing as a performance issue that needs to be supported, monitored and challenged?

We will report annonymised findings from the pilots to the next [Healthy FE and Skills National Policy Group meeting](http://www.healthyfe.org.uk/content/national-strategic-policy-group) on 25 March 2015.

## Who is behind this opportunity?

Challenging wellbeing has been commissioned on behalf of the Education and Training Foundation by AELP as the lead for the Excellence in Leadership, Management and Governance (ELMAG) partnership, and is funded by the Education and Training Foundation.

We are required to complete all activities on or before 31 March 2015.

To register your interest in this opportunity for governors/trustees please contact us by email at [elmag@niace.org.uk](mailto:elmag@niace.org.uk)

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NIACE

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