

# Wellbeing planning for work - Mahere oranga

A half-day training session for employment and support professionals to understand the importance of wellbeing planning as a key reflective exercise, and one of the most effective tools to help people stay well, connected and in work.

## About the training

This hands-on workshop is designed to strengthen the capability of people working alongside job seekers - helping you to create practical, meaningful and culturally grounded wellbeing plans that support both securing work and staying well in work.

## This workshop is ideal for:

- employment consultants and support workers
- peer workers and health professionals
- service leaders and anyone supporting people with mental health challenges on their employment journey.

## Learning objectives

The learning objectives include:

- increase confidence in having wellbeing conversations
- implement a usable, step-by-step wellbeing planning framework
- develop a stronger ability to support sustained employment
- gain awareness of trauma-informed and legally-informed practice
- improve collaboration with whānau, employers and clinical teams.

*“The most valuable thing I learned was how to bring the wellbeing plan into a person’s awareness in a way that empowers them. This person-centred approach is a key skill I will carry into my practice.”*



Further information

