



Wellbeing Workshops

Working for the church isn't always easy.

Ministers, managers, staff and volunteers can experience the same trials and tribulations as in any organisation. Alongside the blessings, joys and successes, difficulties with working relationships, organisational restructuring, unrealistic expectations, financial constraints, staffing issues, stress, deadlines and funding crises etc etc are commonplace. Lay or ordained, many deal with significant personal issues outside of work which affect their ability to function.

The impact of such issues can also affect our mental health and being a Christian doesn't make us immune to them. It's important to look after our mental wellbeing and to help those who have management responsibilities to support staff and volunteers.

Two Bespoke Workshops are available for lay or ordained people who carry out paid work for churches or Christian organisations:

- **Managing Well** – for people who line manage or supervise paid staff or volunteers. This workshop considers mental health & the workplace, having conversations about mental illness and supporting people in work and those off sick.
- **Living Well** – for anyone who is a paid lay or ordained member of staff. This workshop looks at what we mean by mental illness (with a particular focus on anxiety and depression) and offers a range of practical ways to look after our mental wellbeing.

Both workshops are free. You are asked to provide the venue and refreshments, and to cover travel and accommodation costs.

- Bespoke content to suit your organisation
- Mix of presentation, discussion & time for personal reflection
- Minimum 6, maximum 16 participants
- Anything from 90 minutes per workshop to all day to suit you.
- Available to any church or Christian organisation (e.g. parish, diocese, circuit, deanery, synod, charity, business) from any denomination.

Richard Frost has over 35 years' experience of supporting people to find or remain in employment and specialises in helping people who have a mental health condition.

In his work for the NHS, Richard founded and led MINDFUL EMPLOYER which provides businesses and organisations with mental health related information, training and support. He has facilitated workshops for employers throughout the country and spoken at conferences in the UK and Europe. Prior to retiring, Richard was appointed as a MBE in the Queen's Birthday Honours 2018 for services to mental health.

A clergy husband, Richard is a Reader (lay minister) in the Anglican Diocese of Exeter and an Oblate (lay member) of the Benedictine Monastic Community at Alton Abbey in Hampshire.

Richard writes a blog at workrestpray.com and has written two books, *A Story to Tell* and *Life with St Benedict*.



For More Information

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