

## **Course Title: Managing Remotely: Supporting you and Your Team's Wellbeing**

Following the move to remote working, Faculty Futures developed and delivered a series of webinars for managers, based on the 'Circles of Influence' learning tool. We have further developed the content of these webinars to provide a new online course for people Managers across UCL. This is the first in a series of webinars aimed at supporting both people Managers and their staff, in a remote working environment.

### **Course Description:**

Working, and managing remotely, has meant that we have all had to adapt quickly to new ways of working to support both ourselves, and our teams. Evidence tells us that prioritising our well-being, and the well-being of others, can positively impact collaboration and team-work and enable our colleagues to feel secure and supported during turbulent times. A key component of this is being realistic about what is within our circles of control and influence and what is not.

This course provides managers with an effective tool to enable individuals and teams to talk openly about concerns and to find collaborative and realistic solutions to problems by identifying what we can and cannot control. This tool can help managers find ways to build rapport and to encourage a proactive, productive and confident dialogue with individuals and teams. In addition to the tool itself this course will also provide participants with key organisational resources, links and supporting material to support their team members to thrive in a remote working environment.

This course is 2 hours and will be delivered online.

### **Objectives:**

The aims of the course are to:

- Introduce Managers to the benefits of Stephen Covey's "Circles of Influence" tool in managing their own well-being and that of their teams
- Enable Managers to have open and supportive conversations with their teams and to gain a shared perspective of issues they may be facing
- Offer Managers an opportunity to share their experiences and hear from other Managers across UCL
- Provide Managers with access to a range of key organisational resources to support themselves and their teams whilst working remotely

**Intended Audience:** People Managers and anyone responsible for individuals or teams at UCL, although Managers who have previously attended the 'Circles of Influence' training need not attend this course.

### **Course dates:**

- 15<sup>th</sup> July 11-1pm
- 21<sup>st</sup> July 10-12
- 29<sup>th</sup> July 2-4pm
- 3<sup>rd</sup> August 10-12
- 13<sup>th</sup> August 2-4pm

- 18<sup>th</sup> Aug 10-12
- 27<sup>th</sup> Aug 10-12

Registration is now open through the Course Catalog: [Managing Remotely: Supporting you and Your Team's Well-Being](#)

**Important note:**

If the session you wish to join is fully subscribed, please select an alternative session date and confirm your enrolment onto that session. We are not operating a waiting list for any of the sessions.