



# LEADERSHIP & WELLBEING IN HEALTH AND SOCIAL CARE

MARCH – MAY 2022 | 6 LIVE SESSIONS | ONLINE | FREE

- Recognising current and future health and wellbeing opportunities in your community and workplace
- Leading self, leading others and leading within my community and workplace
- Growing capacity and strength to become leaders in health and wellbeing for your community
- Making connections between different avenues of community wellbeing

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# LEADERSHIP & WELLBEING IN HEALTH AND SOCIAL CARE

This programme will support those in Health and Social Care to start:

- Recognising the abundance of Health & Wellbeing opportunities
- Leading self, leading others and leading within my community
- Understanding current and future health and wellbeing challenges through facilitator led, peer learning
- Making connections with peers at housing associations

## WHO IS IT FOR?

This programme is for anyone who want to vision solutions for health and wellbeing questions. Come as a director, staff member, volunteer, or active participant in your community. A special focus of this cohort is on Health and Social Care.

## WHY CHOOSE THIS PROGRAMME?



**GAIN UNDERSTANDING OF YOUR MIND-SET**



**UNDERSTAND CHALLENGES AND OPPORTUNITIES FOR COMMUNITY HEALTH AND WELLBEING**



**EXPLORE HOW YOU COULD BECOME MORE INNOVATIVE**



**EXCHANGE IDEAS WITH PEERS AND OTHER LEADERS**

## PROGRAMME DETAILS

<b>Date:</b>	March 2022 – May 2022
<b>Location:</b>	Online
<b>Time:</b>	9.30am – 2.30pm
<b>Cost:</b>	Fully Funded

## PROGRAMME MODULES

**Module 1:**  
24 March  
and 1 April

### Communities and Health

- Setting the context of health and wellbeing locally, regionally, and nationally
- Exploring the challenges of health and wellbeing

**Module 2:**  
19 and 26  
April

### Leading in Health and Wellbeing

- Exploring 'me' as a leader
- Understanding leading within a community

**Module 3:**  
17 and 24  
May

### Making your plan happen

- Visioning creating a healthy community
- Exploring skills for building a self-sustaining health and wellbeing project

## MORE INFORMATION

Alexander Bruns | Programme Officer  
[alexander@socialenterprise.academy](mailto:alexander@socialenterprise.academy)

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