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Good Day at Work Manager Training

Empower your managers to create good days at work - for their teams and themselves.

Our evidence-based, psychologist-led wellbeing training for managers equips them with the tools, confidence, and skills to drive team wellbeing, resilience, and performance.



About Robertson Cooper

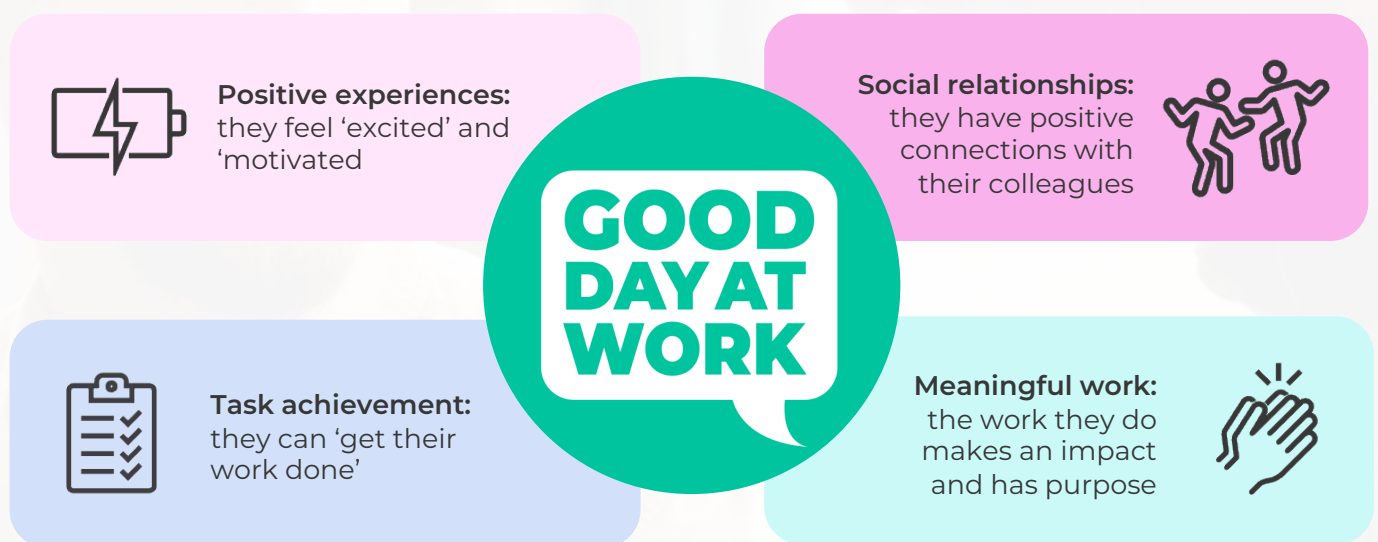
At Robertson Cooper, our mission is simple: to create Good Days at Work for more people, more often, across more organisations.

For over 25 years, we've been at the forefront of workplace wellbeing, helping businesses of all sizes improve mental health, engagement, and productivity through evidence-based solutions that deliver lasting change.

A Good Day at Work is a universally positive concept that resonates with everyone - a shared goal your organisation can embrace wholeheartedly.

Through the analysis of hundreds of thousands of data points, we've identified what defines a Good Day at Work, how to measure it, and how this approach drives positive change.

True workplace wellbeing is about fostering a culture where employees consistently experience these four key elements:



By increasing your average number of Good Days at Work by just one day, our research shows:

9% →	increase in productivity	12% →	reduction in the intention to leave
10% →	increase in advocacy for your organisation	6 →	fewer days of presenteeism per year
11% →	increase in job satisfaction	5 →	fewer days of sickness absence per year

All of Robertson Cooper's solutions are grounded in this scientifically backed idea, including Good Day At Work Manager Training. Comprising of three core topics covering Stress Management for High Performance, the Manager's Role in Wellbeing and How To Talk About Wellbeing, these courses have been carefully compiled by our expert business psychologists.

Manager Wellbeing Training that's more than a tick-box

Our wellbeing training for managers provides skills and knowledge on effectively balancing pressure, building resilience, and fostering meaningful wellbeing conversations within their teams.

These focus areas, developed by our psychologists, work in unison to empower managers to support their own and their team's mental health, creating more good days at work. Courses come with exclusive access to our validated questionnaires and reports.

Our core course modules are:

Stress Management for High Performance

Help managers strike the right balance between challenging and supporting their teams. This course explores how to maintain positive pressure levels that drive high performance while avoiding high stress.

The Manager's Role in Wellbeing

Using insights from the Leadership Impact report, managers explore how their leadership style affects team dynamics and learn to refine their approach to promote resilience and wellbeing.



How To Talk About Wellbeing

Equip managers with the skills to foster open, supportive dialogue within their teams. This course builds confidence to address wellbeing issues early, creating a healthier workplace culture.



While our psychologists recommend all three courses together, they are also available individually.

How our wellbeing training supports manager success

Our wellbeing training for managers helps the leaders in your organisation balance workplace pressures, understand their leadership impact, and have meaningful wellbeing conversations with their teams. Through workshops led by our business psychologists alongside validated questionnaires and reports, managers gain practical insights and tools to foster a resilient, engaged, and productive workplace.

Build Manager Capability

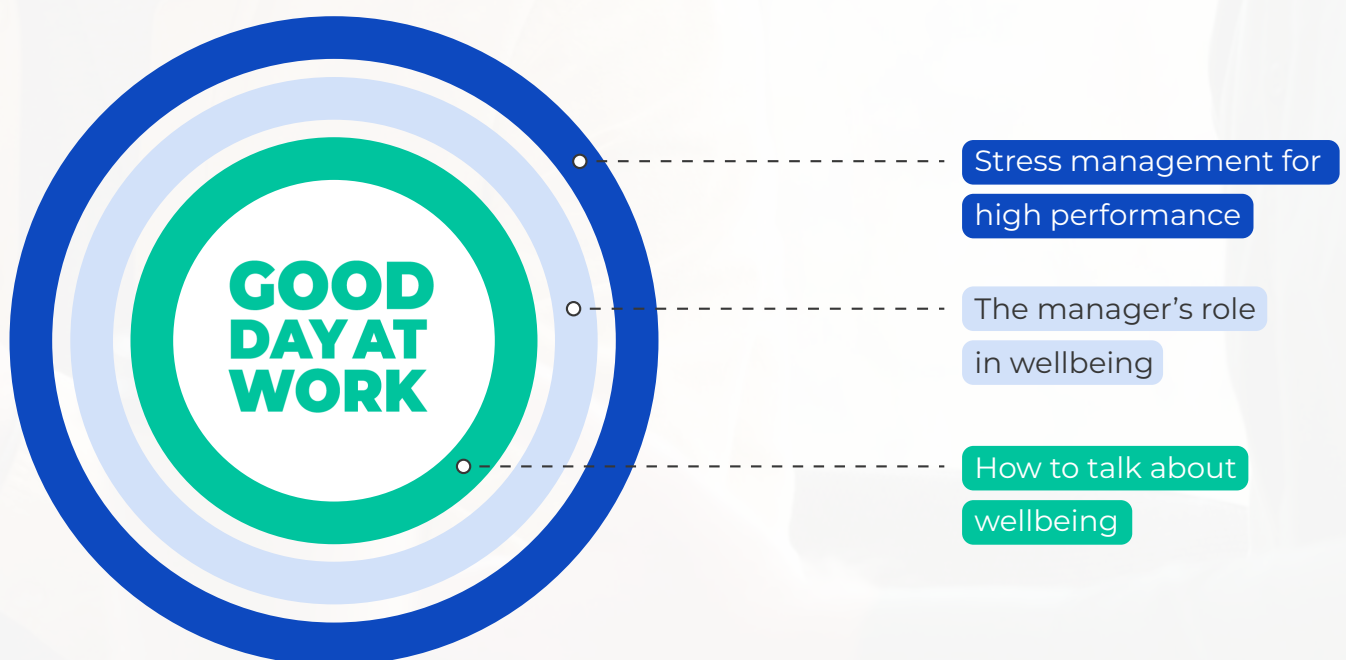
Actionable strategies to balance pressure, performance, and team wellbeing effectively are at the core of our training on mental health in the workplace, created by our psychologists. Webinars, Workshops or Train the Trainer sessions are designed to suit your organisation's needs.

Measurable Insights that Drive Results

Both managers and their teams take part in validated questionnaires, which underpin personalised reports. Through these reports, managers learn about their own leadership styles and how they can enhance team resilience and wellbeing, helping them to make the most of the training. Measurable pre- and post-training data helps you showcase the impact of our manager training.

Develop Core Leadership Competencies

Effective leadership is at the heart of creating resilient and high-performing teams. Our training equips managers with essential skills such as empathy, wellbeing advocacy and proactive communication to foster a workplace culture which prioritises wellbeing and productivity.



Mental Health & Wellbeing Manager Training Price List

All our manager training involves pre-session individual assessments and personalised reports to ensure learning and implementation goes beyond the classroom.

Format	Reports	Price
120 minute Interactive (15 delegates maximum)		
Stress Management for High Performance	Wellbeing Snapshot (Pre & Post)	£1,795 ex. VAT
How to Talk About Wellbeing	Wellbeing Snapshot (Pre & Post)	£1,795 ex. VAT
The Manager's Role In Wellbeing	Leadership Impact	£1,995 ex. VAT
Full Day (6 hours of content)		
Good Day at Work Manager Training Essentials	Leadership Impact, Snapshot (Pre & Post) and i-Resilience	£4,995 ex. VAT

Excluding VAT. Prices shown are for virtual delivery. In-person delivery is available for all sessions, price on request.

Train the Trainer options are available for all courses, please enquire for details.



Want to find out more about our **Manager Training?**

Get in touch, today!

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