

Improving Workplace Health

The resilient employee – workshop 1 (15 May 2019)

The links between emotional and physical pain

Referenced by Sue Gull, Scrutton Bland

<https://www.newscientist.com/article/dn26799-brain-signature-of-emotion-linked-pain-is-uncovered/>

Brain signature of emotion-linked pain is uncovered, New Scientist

<https://www.psychologytoday.com/gb/blog/body-sense/201204/emotional-and-physical-pain-activate-similar-brain-regions>

Emotional and physical pain activate similar brain regions, Psychology Today

Effective communication

<https://www.ncchomelearning.co.uk/blog/importance-communication-workplace/>

The importance of communication in the workplace, NCC

<https://www.local.gov.uk/our-support/guidance-and-resources/comms-hub-communications-support/futurecomms-building-local-9>

Employee engagement: The importance of effective internal communication and engagement during change, The Local Government Association

<https://www.gov.uk/government/publications/workplace-health-needs-assessment>

A useful tool from Public Health England for conducting a workplace health needs assessment, which in turn can uncover issues and improve understanding of an organisation's communication needs

Leadership

<https://trainingindustry.com/articles/leadership/3-ways-resilient-leaders-create-resilient-organizations/>

Three ways resilient leaders create resilient organisations, Training Industry

<http://www.mas.org.uk/management-advisory-service/managing-resilience/the-managers-role-in-resilience-4.html>

The manager's role in resilience, Management Advisory Service