



Mental Health for Managers and Leaders Overview

Duration : 4 hours

Course Overview

This course has been designed to provide managers and leaders with the knowledge and confidence to understand common Mental Health issues, spot the signs of Mental Ill Health and how to fully support an individual who is in distress or crisis, while managing own well-being.

Objectives

By the end of this workshop, you will have additional tools and enhanced skills:

- To increase your awareness of Mental Health in the workplace.
- To challenge and remove the stigmas and discrimination of Mental Health in the workplace
- To manage Mental Wellbeing positively and with compassion.
- To be compliant with Employment Law
- To build healthier relationships across teams
- To improve positive Mental Health from a leaders perspective
- Being mindful of self care for self and others

Course Content

What is Mental Health?

What is Mental Health?

Understanding common Mental Health conditions

Identifying the early signs and symptoms of Mental Ill Health

Understanding Stress, Anxiety, Depression in the workplace

Mental Health Continuum

The MH Continuum

Stigma and discrimination

What influences Mental health issues in the workplace?

Risk and Protective factors for Mental Health

Leadership and Mental Health

The correlation between work, leadership, well-being and Mental Health

Supporting our colleagues

Supporting Hybrid working colleagues- Challenges in supporting others

Practical tips for supporting colleagues

Compliance to Employment Law

Building a Healthier Workplace

Building Healthier relationships

The power of Language

Conversation practice

Mental Health statistics

Self-care - Our responsibilities to self and others

5 ways for wellbeing

Review and Action Planning

What has been covered today

Personal key learning points from today's session

Action planning for follow up activities