

MENTAL HEALTH FOR MANAGERS AND LEADERS

COURSE OUTLINE

01428 741 482
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 **4 HOURS**

DELIVERY METHOD: FACE TO FACE OR VIRTUAL

Audience

To provide managers and leaders with the knowledge and confidence to understand common mental health problems and how to fully support an individual who is in distress or crisis whilst managing own well-being.

Pre-Requisites:

None

Course Objectives:

- By the end of this workshop, you will have additional tools and enhanced skills to:
- Increase own awareness of Mental Health in the workplace
- Challenge and remove the stigma and discrimination Mental Health has.
- Manage Mental Wellbeing positively and with compassion
- Understand some of the common Mental Health Issues and know how to help
- Ensure compliance with Employment Law requirements
- Identify the correlation between Leadership and Mental Well-being

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Course Content

MENTAL HEALTH CONTINUUM

- By the end of this session delegates will have considered and discussed:
- The MH Continuum
- Analysing the impact of how we feel
- What influences our Mental Health

MENTAL HEALTH IN THE WORKPLACE

- The correlation between work, well-being and Mental Health
- Identifying the early signs and symptoms of Mental Ill Health
- The Equality Act and Mental Health
- Impact of Covid19 and Remote Working
- Improved Employee wellbeing and absence rates
- Understanding STRESS (exercise)
- Practical tips to support a person with poor Mental Health

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SKILLS THAT SUPPORT MENTAL HEALTH AWARENESS

- The key skills and behaviours to support others and self
- Our responsibilities to self and others
- Promoting Well-being in the workplace

ABSENCE AND RETURNING TO WORK

- Supporting a colleague during their absence and on their return to work

REVIEW AND ACTION PLANNING

- By the end of this session delegates will have shared their personal key learning points from today's session and created an action plan on Mental Health for Managers and Leaders to support others and themselves.



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