

Leading Wellbeing at Work: mental health learning for managers

Workshop objectives

This workshop will help you, as a leader in your organisation, develop the confidence to understand mental health and wellbeing challenges, and to support people experiencing mental distress or illness in the workplace by:

- emphasising the importance of positive mental health and wellbeing in the workplace
- examining workplace factors affecting psychological wellbeing
- introducing signs and symptoms of mental health and addiction issues in the workplace
- introducing skills and strategies to approach someone if they show signs of mental distress
- increasing confidence in supporting employees with mental distress
- promoting positive mental health and wellbeing strategies
- reducing stigma and discrimination towards people with mental health and addiction issues
- knowing where and when to get help and support.

Course outline

- Why mental health and wellbeing in the workplace matters.
- Understanding mental health and wellbeing challenges.
- Common issues in the workplace.
- Supporting people experiencing mental distress or illness in the workplace.
- Where to get assistance.
- Case studies and scenarios.

Time

9.30am-3.30pm (with 30 minutes for lunch)

For more information

If you'd like to find out more, or are interested in requesting this workshop for your organisation, please contact us.

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