



Mental Health Awareness for Managers

working at wellbeing every day



A practical course for people managers of all levels

A half day workshop to learn skills, knowledge and develop confidence to have effective conversations with employees about mental health and wellbeing



Learning outcomes



Be able to identify if an employee may be struggling with poor mental health



Feel comfortable & confident with open conversations about mental health with team members



Know where to signpost an employee for further help and support and be aware of routes to support as a manager



Be a positive role model through good self-care practice, inspiring others to look after their own mental health and wellbeing

The benefits



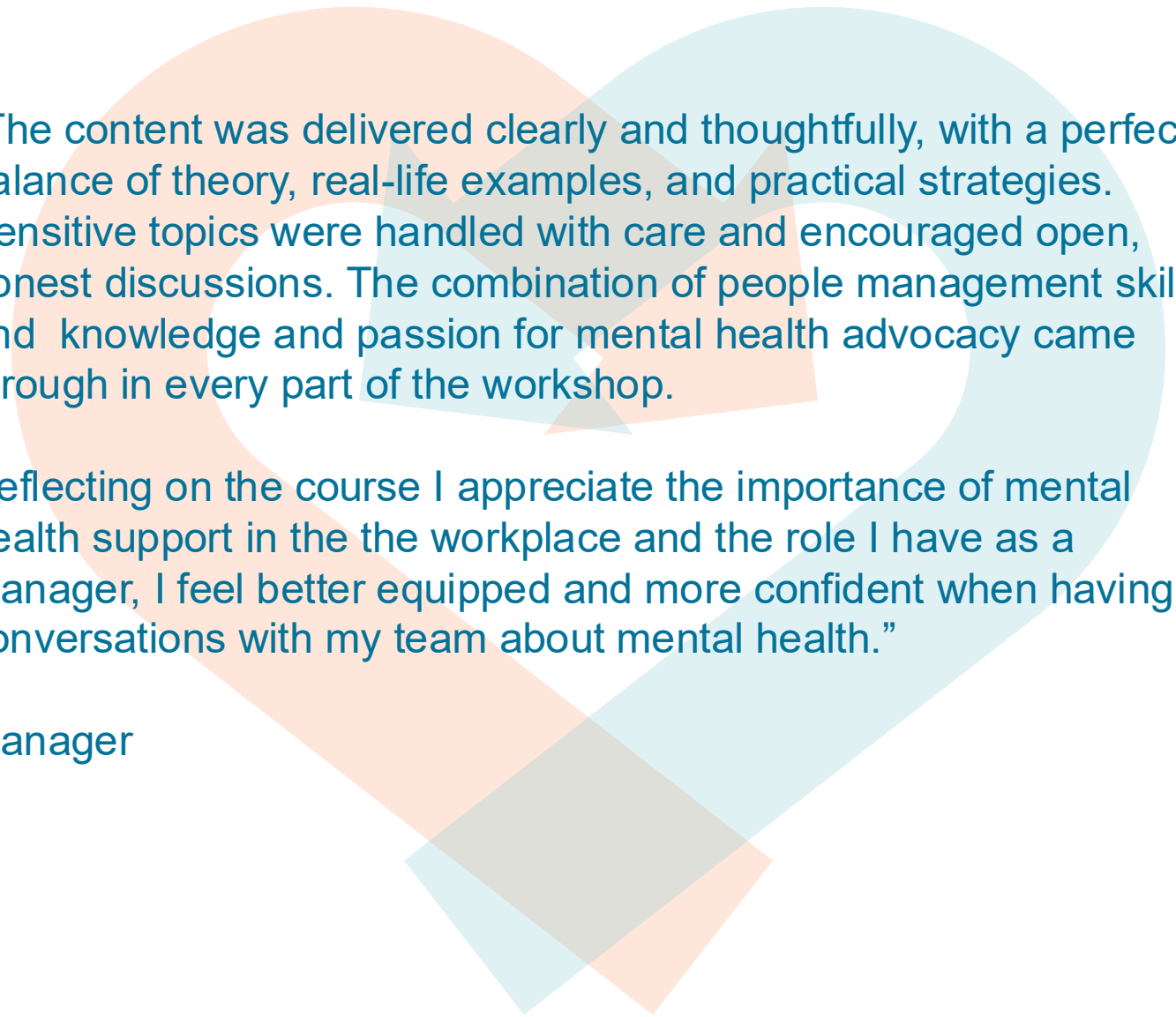
Provides consistency in learning skills and knowledge amongst Managers across the whole organisation



Delivered by people who are knowledgeable of mental health and have high levels of people management experience



Supporting mental health in the workplace delivers improved engagement, better retention and lowers long term sickness absence (ROI £1=£5 Return)



“The content was delivered clearly and thoughtfully, with a perfect balance of theory, real-life examples, and practical strategies. Sensitive topics were handled with care and encouraged open, honest discussions. The combination of people management skill and knowledge and passion for mental health advocacy came through in every part of the workshop.

Reflecting on the course I appreciate the importance of mental health support in the the workplace and the role I have as a manager, I feel better equipped and more confident when having conversations with my team about mental health.”

Manager

How to book

We offer 2 options for this workshop

Option 1 – a dedicated workshop for your organisation for up to 16 people

Option 2 – book onto one of our open online courses, upcoming dates are available on our website

Please contact us to find out more and receive a quote

Email jen@fitfortomorrow.co.uk

Tel 07855494437

Web www.fitfortomorrow.co.uk

