



# LEADING MENTAL WELLBEING

*Is your organisation at its best? Why not?*

**T**here's been a lot of money thrown at mental wellbeing within organisations. You're only putting band-aids on top of band-aids if your senior managers and leaders don't have skin in the solution. You need your leaders and managers to lead mental wellness. Staff look to the leadership during times of uncertainty. Your managers and leaders need to provide soothing and helpful messages. If you don't have leaders fully onboard, then you're wasting your time with the band-aids. This course is unique as it gives your leaders the tools to permeate mental wellbeing throughout the organisation.

## Key Course Content:

- Review of cognitive disorders in the population
- Suicidology – causes, signs, preventions
- Bullying prevention
- Anxiety and depression at work
- Clarifying the leader's role in promoting mental wellness
- Staying positive
- Little things that can make a big difference
- Listening with empathy
- 3 biggest mistakes a leader makes when an employee is struggling
- Your reassurance role
- Promoting calm
- Leading wellness at work strategies



## Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



## Duration:

This course is available as a 1-day course or a truncated half day course.



## Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



## Group Size:

We recommend a group size of 4-10 people.



## Get a Quick Quote:

Let us know if you would like an obligation free quote for your organisation.

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