



LEADS MENTAL HEALTH

"Mental health is not a destination but a process." - Noam Shpancer

Understanding and recognising signs of distress is essential, but true leadership in mental health goes beyond that. Leaders must not only be able to recognise signs of distress, but also prioritise fostering a culture of mental wellness in their teams. This comprehensive training course will equip you with the skills to create an environment that values mental health, promotes open communication and readily offers support. Delve beyond recognising signs of distress and become equipped with the knowledge and tools to create a culture where mental wellness promoted. Discover how to make mental health as crucial as physical health.

Key Course Content:

- Understand the importance of promoting mental wellness in the workplace
- Recognise the signs of distress and how to address them
- Foster a culture where mental health is prioritised
- Create an environment that promotes open communication about mental health
- Ensure that support systems are readily available
- Provide necessary resources for mental health awareness
- Acknowledge the importance of mental health as equally as important as physical health
- Encourage a work-life balance to promote mental well-being
- Promote mental health awareness through education and training
- Implement policies and procedures that support mental health



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 ½ -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.