

# Mental Health Awareness for Managers

Wednesday 19<sup>th</sup> September 2018 (9.30am – 4pm)

A.S Watson, Dunstable

In partnership with



The way people are managed and supported whilst at work is critical in sustaining positive wellbeing as well as performance, and the role of the Manager is key.

## What's in the course?

This course is designed to provide Managers with the knowledge, understanding and practical tools to look after themselves, and lead and manage resilient teams. We explore ways to look after your own wellbeing and mental health, and what to look out for in others. You will gain the confidence to start a conversation, and an understanding of how to support a member of staff if they do open up.

## Course Objectives

- ✓ Describe a **continuum approach** to wellbeing
- ✓ **The relationship** between Work and Wellbeing (including legal considerations)
- ✓ **Recognise and Identify** the early signs of a mental health issue, including;
  - Stress and Anxiety
  - Depression and Suicidal crisis
- ✓ Recognise and Identify the **factors associated to the job, organisation and to yourself** that may be causing stress
- ✓ Understand **HSE Management Standards** for work-related stress
- ✓ Demonstrate **how to support someone** displaying signs of poor wellbeing to help prevent a mental health issue from getting worse
- ✓ **Sign post** others towards professional support to help them recover faster
- ✓ **Feel confident in helping someone** who is experiencing mental health issues
- ✓ Describe how to **look after your own wellbeing and resilience** (5 Ways to Wellbeing, Wellbeing Wheel, 10 Ways to Happier Living)
- ✓ **Promoting Wellbeing in the workplace** (both physical and mental health) to challenge the myths and stigma.

**£275 + VAT per delegate**

**Includes Certification and Post course resources**

**Spaces are limited. To book a place(s), please contact [info@orismedia.eu](mailto:info@orismedia.eu)**

This course is suitable for all Health and Safety and Loss Prevention managers.

No previous understanding or experience is required.



01858 469 497



[info@oakwoodtraining.co.uk](mailto:info@oakwoodtraining.co.uk)



[www.oakwoodtraining.co.uk](http://www.oakwoodtraining.co.uk)