

WORKPLACE MENTAL WELLBEING

- Awareness training for line managers ●

“A healthy workforce is a happier workforce”



Designed to equip you with the **information, tools** and **resources** to effectively support the wellbeing of those around you within the working environment

1 in 4 people will experience a mental health condition at some point in their life

Only 49% of people are comfortable talking to their employer about mental health

Only 50% of organisations have a wellbeing strategy in place

WORKSHOP CONTENT

1. A general overview & understanding of mental health & wellbeing
 - ✓ Insight into the most common mental health conditions & identifying warning signs
 - ✓ Managing stress
2. Tools & techniques for supporting mental wellbeing
 - ✓ Ways to create a climate to support wellbeing
 - ✓ How to approach an employee who may be struggling
 - ✓ Addressing personal barriers surrounding mental health
3. What is expected of you as a manager
 - ✓ Managing performance & absence
 - ✓ The Equality Act & reasonable adjustments
4. Action planning
 - ✓ Creating a solution focussed action plan
 - ✓ Where to go for further support / resources

*Bespoke
training also
available to meet
the specific needs
of your organisation*

Workshops can be full or half day for up to 12 delegates.

Prices vary dependent on bespoke needs, numbers & timings



To find out how the mental wellbeing awareness training can help your organisation please contact:
Lisa Whittleton, Vocational Rehabilitation Consultant & Trainer

e lisa.whittleton@illuminatevr.co.uk **t** 07784 558552 **W** www.illuminatevr.co.uk

You can also follow us on Twitter @illuminatevr 

