Mental Health Awareness for Managers
(Including COVID-19 Updates)

This course is designed for managers, supervisors, leaders, and anyone else with responsibility for managing people at work. We aim to provide managers with the confidence and tools to actively tackle mental ill health in your business, leading to healthier and happier staff, and a more productive workforce.

Course Brief

This short, practical, interactive course explores the term "mental health", and provides managers with a deeper understanding of the broader factors at play when considering their teams and peers. Areas including workplace stress and pressure are examined, as are workplace risk factors – both when considering remote and on-site working. Finally, the course outlines helpful skills and tips to support managers to hold appropriate conversations with team members or peers who may be struggling – all whilst being aware of, and looking after, their own wellbeing.

The COVID-19 outbreak means that many people are working in unusual arrangements. To that end, the course will provide an insight into the impact of the pandemic on the dynamics of the workplace in general, exploring the concerns and risks fuelled by uncertainty in a world of work that has changed beyond recognition.

Objectives:

- To provide a better understanding of mental health – good mental health and wellbeing, and mental health problems – and what it means personally as well as professionally
- To acknowledge some of the effects of COVID-19 on their own, and team members', lives, and the impact on our daily working lives
- To explore workplace stress, pressure, and anxiety
- To provide managers with the tools to identify the risk factors and signs that a team member may be struggling
- To offer skills and tips for holding appropriate conversations with staff who are struggling, using compassionate and active listening skills
- To acknowledge and give an understanding of what we can, and cannot, control
- To promote access to support and helpful signposting
- To explain the importance of self-care

Training is delivered in a relaxed and interactive manner, with virtual breakout rooms and plenty of opportunity for questions and discussion.

Delivery Options

Course Length: 2 hours and 30 minutes, including breaks
Maximum delegate numbers: up to 12 delegates
Setup Requirements: Internet connection, sound, and video.
Delivery Method: Online delivery, via Zoom or Microsoft Teams.

Course Fees: please contact training@bristolmind.org.uk for a quote