

# Individual Well-being

Guildhall  
 Derry/Londonderry  
 20 July 2015  
 09.30-13.00



# Individual Well-being

Guildhall  
 Derry/Londonderry

20 July 2015  
 09.30—13.00



Mental Health Awareness

Stress Awareness

Personal Resilience

Mindful Manager

Mental Health First Aid

Provoking Thought

Safetalk

Being Mindful

[www.amh.org.uk/services/amh-works](http://www.amh.org.uk/services/amh-works)



[amhworks@amh.org.uk](mailto:amhworks@amh.org.uk)



*Supporting Healthy, Resilient Workplaces*

## Individual Well-being

Approximately 1 in 20 people in work will develop a diagnosable mental illness as a result of work related stress. In 2011, mental ill health cost the Northern Ireland economy £790 million which equates to £937 per person who works here.

AMH Works round up their series of free to attend seminars, providing managers and local business owners in the Guildhall, Derry with an insight into best practice in the delivery of wellness and support programmes for individuals in the workplace to create a culture enabling staff to remain productive.

AMH Works in partnership with Wendy Shooter, Chartered Psychologist and creator of the My Power Bar® App will be taking participants through a workshop on using this app to maintain and improve your mental health and wellbeing. The App has been designed to support individuals dealing with mental ill health in all aspects of their lives and offers practical advice and guidance including practical ways to boost your mental health and wellbeing. This app, will prove a valuable resource for individuals who value their mental health and want to take positive steps to looking after their personal wellbeing.

Delivered in partnership with The Big Lottery Awards of All fund, these seminars showcase businesses and the work they have been doing to better support employees who have developed, or are at risk of developing, a mental health issue.

Corporate resilience is essential for business and services to survive and grow. To strengthen corporate resilience requires strengthening the resilience of the workforce, together with ensuring the cultural environment clearly links the wellbeing of individuals to their performance and the performance of the organisation as a whole.

## AMH Works

AMH Works provides quality Mental Health training programmes for employers to **support healthy, resilient workplaces**.

AMH Works also develops the skills and learning required to effectively manage employee mental wellbeing in the workplace.

## Conference Chair



**David Babington, BA (Hons), MA, FCIPD, is the Chief Executive of Action Mental Health.** Since August 2010, David has Provided leadership to approximately 170 staff spread across thirteen locations. David ensures the delivery of tailored training and development support for clients whilst promoting Action Mental Health and securing its sustainability.

Previous to this David worked in the private sector as an HR consultant and running his own company, working with the banking, property, consumer and retail sectors. David also has experience of leading and managing change in the public sector.

## Speakers



**Gary Kane is the Employer Development Co-Ordinator** for AMH Works where he is in charge of creating bespoke training programmes to fit the needs of the customer and delivery of this training.

So far Gary has delivered to some of the Top 100 companies in Northern Ireland and the UK including Tesco, Sainsbury's, BBC, Queens, Allstate NI and Schrader Electronics Ltd.



**Wendy Shooter is a Chartered Psychologist,** business owner of Unicorn Consulting. Wendy has been working in organisations for around 15 years supporting them to develop their cultures, work in collaboration and understand the world from

each other's perspective.

Passionate about wellbeing, she developed this **Whole Human** approach, integrating her existing knowledge and experience about psychological wellbeing and organisations with some new aspects and ideas. Initial creation of the PowerBar® concept was for use in organisations, however, its broader application was soon realised and the My PowerBar® app was specifically designed to connect with anyone who wants to be proactive about all aspects of their health.

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



# Individual Well-being

09.00	Registration, Tea & Coffee
09.30	Welcome & Opening Remarks David Babington, CEO Action Mental Health
09.40	Gary Kane AMH Works
10.05	Wendy Shooter Unicorn Consulting
10.45	Tea Break
11.00	Wendy Shooter (continued) Unicorn Consulting
11.45	Questions & Answers
12.00	Closing Remarks
12.05	Lunch & Networking
13.00	End