

action  
mental  
health

# Workplace Wellbeing

## Mental Health Training Programmes

Mindful Manager



**CPD**<sup>®</sup>

The CPD Certification Service



The aim of the Mindful Manager programme is to give managers, supervisors and team leaders the tools required to identify issues staff may be having in the workplace and facilitate a solution before issues cause significant loss of productivity or absenteeism. This programme can be a full or half day.

## ✓ This programme will include:

### **Understanding Common Mental Health Issues**

- Learn about the signs and symptoms of the most common mental health issues and disorders.
- Identify the risk factors and triggers associated with these.
- Understand the prevalence of common mental health conditions and the personal cost to those affected by mental ill-health.

### **Setting the scene – the business case**

- Examine the impact that mental health issues has on business and the organisation including staff absence rates, presenteeism, performance deficits and economic loss.

### **Introduction to the Mindful Manager Model**

- This model will give managers the process to follow to ensure consistency and fairness to all staff presenting with mental health issues and how to promote mental health and wellbeing.

### **Managing mental ill-health amongst employees and the difficult conversation**

- Learn how to talk about mental health with individuals who have approached you or who you have approached.
- Do's and don'ts for this conversation.
- Identify reasonable adjustments and how those may help.
- Identify signposts and supports for individuals with mental health issues.
- Duty of care – staying mentally healthy.
- Discuss and examine the tools and supports required to enable you to look after your own health and wellbeing to enable you to support others.

## ✗ This programme will not:

- Enable you to diagnose people.
- Make you a counsellor or enable you to counsel people.



## Programme format and duration

**Duration:** 3.5 hours

**Group numbers:** 8-20

This programme will incorporate a mix of slides and attendee participation coupled with group work and exercises.

**This programme is CPD accredited.**

## Further support

**Whilst this training does not contain any distressing content, the subject matter may provoke an emotional response for some participants.**

All participants are supported to engage with the training and the trainer is equipped to offer signposting/further support information as required at every session. If you have any concerns these can be discussed prior to any training delivery.

**Book now to  
improve your  
workplace wellbeing**

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**Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland.**

To find out how you can support our vital work through donations and fundraising, or by leaving a gift in your Will, please visit [amh.org.uk](https://amh.org.uk).



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