

Management Development Program: Wellbeing Management Skills

Healthy workplaces promote healthy mental health and wellbeing. Businesses that care about good mental health and wellbeing attract and keep top talent because they're great places to work. The facts are clear: as well as benefiting employees, a mentally healthy workplace is also better for your bottom line.

Overview

The Management Development Program is perfect for managers and leaders who want to deepen their understanding about mental health and how to support their people who may be experiencing mental health issues. In addition, the program provides a framework for managing one's wellbeing. **Wellbeing Management Skills** comprises of three sessions where you will learn:

Mental Health Awareness for Managers (2 hours)

- How emotions impact our mental health
- What behavioural changes to look out for in the workplace
- How to support and have a conversation with a person you are concerned about.

Accidental Counsellor (2 hours)

- What the definition of an accidental counsellor is and what some of the challenges associated with the role are
- Key principles that will assist you in managing an accidental counsellor situation
- How to use the CLEAR Model Framework to successfully navigate an accidental counsellor conversation.

Self-Care to Prevent Burnout and Fatigue (2 hours)

- The mental health and wellbeing continuum and how to identify your optimal stress zone
- How to recognize signs of burnout and fatigue
- Self-care activities and practices that build on existing ones that you can apply on a regular basis to support your wellbeing.

All sessions include Q&A and activities which allow participants to ask an expert facilitator specific questions regarding the content or receive assistance in solving a particular problem faced at work.

Please note: It is important that participants can attend all 3 sessions, i.e., the 3 sessions build on each other with learners growing their skills over time.

Benefits:

- A mentally healthy workplace can improve the quality of life of employees and their families.
- Being known as a workplace that promotes positive mental health and wellbeing can make you an employer of choice.
- Investing in creating a more mentally healthy workplace is beneficial to all staff.
- The mental wellbeing of people at work is good for everyone and enhances personal and organisational resilience, and success.



Who is this program for?

Text 1 Managers and leaders that want to understand how they can better support their employees' mental health.

Anyone who wants to improve aspects of their own mental health and/or the mental health of others around them and who want to learn practical hints, tips and guidance that will make a genuine difference.

The program is relevant to a wide range of sectors for all professionals who want to develop their mental health awareness and self-care skills.

Dates:

Refer to Registration Calendar.

Location:

Online via Zoom.

Price:

\$960 excl. GST or 5 TFF Hours (cost is for one program, i.e. 3 sessions).

If you would like to organise the program for your employees face to face or for your organisation only, please speak to your main contact at AccessEAP or Newport & Wildman.

Complimentary sessions:

- Management Development Program: Foundational Skills
- Management Development Program: Communication and Conflict Skills
- Management Development Program: Leadership Skills

To register:

Book directly via the registration link [here](#).

If you have any queries, please reach out to your main contact at AccessEAP or Newport & Wildman.

