



Mental Health at Work

Level 3 – Agenda

August 22 cohort

Aug 24th 10:00 – 10:45 Introduction

Sept 21st 10:00 – 12:00 Unit one live

Oct 26th 10:00 – 12:00 Unit two live

Dec 14th 10:00 – 12:00 Unit three live

Jan 25th 9:30 – 12:45 & 13:30 – 17:00 Unit four lives

Feb 22nd 9:30 – 12:45 & 13:30 – 17:00 Unit five lives

April 26th 10:00 – 12:00 Unit six live

May 24th 10:00 – 12:00 Unit seven live

July 26th 9:30 – 12:45 & 13:30 – 17:00 unit eight lives

Aug 23rd Final assessment 1:1 and portfolio completion

Delegates must attend all of the live sessions to complete this course. There will be individual learning to be completed around these sessions on the Mindmaps Wellbeing Hub in your own time.

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