

Mental Health Skills for Managers

6-hour course split into two 3-hour sessions which can be on the same day or split days. (Within a two-week period) for online delivery. In-person is a day course with a lunch break.

Our Mental Health Skills for Managers course will equip managers with the understanding and skills to support themselves and their team to increase mental health and resilience. The course will assist managers in their roles by balancing the individual Vs the business conundrum they face. It also focuses around what we can do when making adjustments to support people in the workplace, with a positive culture and approach to mental health.

Course Outcomes

- Mental health action plan EAGLE creating a proactive environment
- An understanding of what impacts our mental health
- Challenging stigma and discrimination
- Awareness of common mental health issues
- Self-care and mental wellbeing approaches
- Spotting signs of distress
- Increase confidence to open a conversation relating to mental health
- Increase confidence to support a person experiencing a mental health issue
- Recovery approaches
- Supporting mental health in the workplace proactively
- Cost of living crisis and affects in the workplace
- Coping strategies and signposting



"Very enlightening and interesting course, with good knowledge and use of humour from Tim the instructor. Highly relatable, practical content explained in a way that provided context and understanding.

Today, has made me reflect on my own mental health, and understand what to watch for from those around me. I will no longer be afraid to ask someone how they are. Now I know, I don't have to find a solution just to listen in a non-judgmental way and provide options. Thank you so much.

Newbury Building Society