

Focusing on how we can create a psychologically healthy working environment

Your health, and that of your colleagues, should be one of your top priorities in the workplace. Mental health is no exception, and creating a working environment that is psychologically healthy is a shared responsibility. A strong foundation for this is a workplace where mental health can be openly and honestly discussed. We also need to do all we can to control work pressures, and to live healthy lives that nurture positive wellbeing.

This half-day workshop will help you to build your awareness of the range of mental health issues that we can experience. It will focus on how we can create a psychologically healthy working environment and improve our wellbeing inside and outside of work.

Course covers

- Understanding the range of mental health issues
- Recognising the signs of possible mental health problems
- Powerful insights from people who have suffered from mental health issues
- Having a supportive and constructive conversation with someone who may be experiencing mental health problems
- Creating a psychologically healthy workplace - controlling stress and improving wellbeing at work
- Living psychologically healthy lives - 6 ways
- Making real change happen

The training is interactive and delegates will be expected to participate openly and discuss mental health issues, and their own experience as far as they are comfortable doing so.

All Skill Boosters Live training has video based learning embedded within it.

Relevant video content, or e-learning, can be made available following the workshop.

A certificate of attendance will be provided on completion of this course.

About the trainer

The workshop will be led by Skill Boosters Live managing associate Gordon Tinline. Gordon is an experienced Chartered occupational psychologist who has worked with a wide range of organisations and individuals in this area.

Feedback

Empathetic: Gave everyone a chance to speak.

Useful for all!

Well-developed structure of the course, kept to time, good amount of resources and balance of note-taking, verbal feedback [and] group work.