

# MENTAL HEALTH AWARENESS FOR LINE MANAGERS

Presented by **Becky Wright** and **Sharon James**

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WORKPLACE WELLBEING

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**ONLINE  
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Line Managers are ideally positioned to make the biggest difference to mental health in the workplace, but few managers know what to say or do when a colleague or team member discloses a mental health issue.

Employers have a responsibility to be proactive in developing positive mental health pathways. This should include training line managers to spot the early warning signs of mental health and provide them with the skills and confidence needed to intervene and have the supportive conversations necessary.

Training is part of the answer but should support an organisational culture of employee wellbeing.

This training aims to give line managers mental health awareness, essential communication skills to handle difficult conversations, and a broader understanding of how to promote a culture of wellbeing.

## **This workshop will cover:**

- What is mental health? – definitions, language, etc.
- Types of mental health conditions
- Factors that affect mental health
- Stigma and the impact
- Spotting the signs of mental ill-health in the workplace
- When is a mental health condition considered a disability
- Holding a conversation with someone about their mental health
- Practical steps to support someone experiencing poor mental health
- Mental Health First Aid overview
- Promoting a culture of workplace wellbeing

## **So Line Managers can:**

- Understand different mental health conditions and factors that affect our mental health
- Recognise the signs that someone is mentally unwell and understand the impact of stigma
- Be confident in holding a sensitive conversation with a team member who discloses a mental health condition and know where to access appropriate resources and support
- Understand the importance of having a mental health first aider in every workplace
- Promote a culture of wellbeing by creating an open and supportive workplace to get people thinking and talking about mental health

## Mental Health Awareness

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### About the trainer – Becky Wright

Becky is an accomplished and highly regarded motivational speaker who enhances wellbeing by using a unique form of coaching called Life Design, which integrates counselling and coaching. She delivers a range of engaging motivational and educational presentations, at national conferences, and to SMEs and local groups. She is a senior accredited member of the British Association of Counselling and Psychotherapy (BACP), and a full member of the Association for Coaching. She recently won the Innovation in Business Award for Sedgemoor 2019.



She owns a *CITB Approved Training Organisation* and is a *Mental Health First Aid Instructor* and Psychotherapist. Becky is one of the guardians who want to ensure that *Building Mental Health* is embedded into our training and work delivery.

Becky has proven abilities in enhancing productivity and creativity in the workplace and optimising wellness through a range of talks including Managing Change and Transition, Developing Emotional Resilience, Managing Stress, Managing People More Effectively, Developing Leadership Skills and Stimulating Creative Thinking.

She is the Founder and Director of New Leaf Life Design, a company she established in 1992, which has developed an excellent reputation as a compassionate and supportive provider of coaching and counselling services, committed to helping individuals and businesses grow and flourish. An advocate of corporate social responsibility, Becky actively engages the community and supports a greener environment through innovative projects and activities.

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**07590 684888**

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## Handling difficult conversations and promoting a culture of wellbeing

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### About the trainer – Sharon James

Sharon is a Chartered Member of the CIPD (Chartered Institute of Personnel and Development) with over 20 years of experience in human resource management and administration. Sharon's HR background is within the private and public sectors working as a HR consultant and business partner with small and large organisations across the South West of England.



Sharon is experienced in managing employee relations, coaching and developing line managers in best people practice, and has worked with the local community on a variety of corporate social responsibility projects.

Sharon is based near Weston-super-Mare and has been running her own consultancy for over 9 years.

## When, where and how much?

Please see our social media posts and Eventbrite listings for dates, locations, prices and bookings.

For further information contact either Becky or Sharon directly using the contact details below.

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