



## A STRATEGY AND A RESPONSIBILITY

# MANAGING MENTAL HEALTH & WELLBEING AT THE WORKPLACE

6 CPD UNITS

### COURSE DESCRIPTION

The dictionary definition of wellbeing is “The state of being comfortable, healthy, or happy.” It’s understandable, then, that wellbeing is a term which is increasingly used these days - after all, we all want to be healthy and happy. When we talk about wellbeing, it can either be physical or mental. Both are equally important, yet mental health often gets overlooked. Perhaps this is because physical wellbeing is easier to gauge. It’s easy to tell if your colleague is ill, whereas it’s less obvious if someone is struggling with mental health issues. Additionally, although things have improved considerably, there is still a stigma surrounding mental health. In fact, a recent survey found employees are three times more inclined to talk about their physical health than their mental health at work.

This comprehensive workshop equips managers and leaders with the knowledge, skills, tools and confidence to enable the wellbeing of their team, through understanding mental health, learning how to nurture a positive environment, spotting early signs of common conditions and having the confidence to respond appropriately.

### TARGET GROUP

This course is designed for: Human Resources, Marketing, Sales, Financial, Accounting, Technology, Operations, Back Office, Call Centre, Customer Support; People Managers and Team Leaders.

### INSTRUCTOR

Elisabeth Kesterlian | CORPORATE TRAINER

### LANGUAGE OF INSTRUCTION

English



### TOPICS TO BE COVERED

- Understanding Resilience
- Mental Health Definition
- Influencing Factors
- Stress & Myself
- Warning signs and causes of stress stressors
- Peak Performance Indicator
- Coping Mechanisms
- Body: Sleep, Physical Exercise, Nutrition
- Mind: Meditation, Introspection, perspective
- Spirit: Purpose, Renewal, Connection
- Managing Mental Health in the Workplace
- Integrated Intervention Strategies
- Five ways to design a better Mental Health future for Employees
- Priority, Support, Communication, inclusive work culture and measure and meet the need

## DATES & VENUE

NICOSIA

24/11 | FRIDAY | 9.00-16.00

COST: €130+VAT

DISCOUNTS ARE AVAILABLE FOR MULTIPLE REGISTRATIONS FROM THE SAME ORGANIZATION

Take the **next step UP** in your career. Sign up now! Tel: 22713230 | Email: SPSNicosia@cycollege.ac.cy