

Mental health for managers

Workshop objective

The aim of this workshop is to explore mental health and wellbeing and the implications this has on managing people.

Workshop length

09.30 – 16.30 6 CPD hours

Workshop outline

The workshop will explore:

- The mental health continuum
- Mental health and mental illness – two terms with different meanings
- What influences mental health?
- Is there such a thing as ‘good’ stress?
- The main causes of stress in the work place
- Spotting signs of conditions
- Treatment options for conditions, including self-help and professional help
- The role of people-managers in modelling positive wellbeing behaviours
- Signposting

Who is this workshop for?

The workshop is for anyone who has responsibility for two or more employees.

What will I learn?

Delegates will develop skills that will enable them to support their team’s mental wellbeing.

Your trainer - Lucy Whitehall, Director, Transform and Thrive Ltd.

Lucy Whitehall is a Positive Psychologist and Coach. She specialises in employee wellbeing and performance, helping people to access their innate resilience and strengths enabling them to flourish and thrive.

Lucy delivers inspiring workshops and guidance in Mindfulness, Positive Psychology, Mental Wellbeing, Supercharging Sleep, Personal Resilience, Work-Life Integration, Personal Effectiveness, Assertiveness & Confidence, Time and Energy Management, Grit & Growth Mindset, Emotional Intelligence, Managing Change and Personal Branding.



Lucy is an experienced coach trained to masters level. She works with clients from all walks of life including senior leaders, managers, entrepreneurs and business owners.

She also holds a BSc in Life Sciences, MSc in Human Resource Management, and is a chartered member of the Institute of Personnel and Development (MCIPD). In 2018, Lucy qualified with the world recognised Masters in Applied Positive Psychology and Coaching Psychology (MAPPCP), from University of East London.

Comments from previous delegates

“Really liked Lucy’s empathetic approach, really engaged me”

“Lucy was very friendly and down to Earth”

“The trainer was interactive and happy to answer questions”