

# Mental health for managers

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## 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
- Practical tools with which to support employees
- Treatment options for conditions, including self-help and professional help
- The role of people-managers in modelling positive wellbeing behaviours
- Being confident in starting conversations around mental health and wellbeing

## 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 – Kirsty Lilley

Kirsty is an experienced and award-winning mental health trainer, coach and mindfulness and self-compassion facilitator. She has gained an MSc in Mindfulness and Compassion approaches and is an accredited Mindful Self Compassion facilitator.

Kirsty has developed and delivered many sessions which help people to improve their mental health and wellbeing at work, including line manager training, helping managers to feel confident when supporting individuals at work experiencing distress and to create an environment in which people can flourish.