

# Promoting Mental Health at Work

## Full-day workshop for leaders

***“Empirical evidence linking management and leadership to employee mental health and wellbeing has grown dramatically over the last decade, to the point where it is so well supported it almost seems self-evident.”\****

Research has found that 92% of managers agree that what they do affects the wellbeing of their staff, but only 58% of employees believe that their line manager is concerned about their wellbeing.\*\* This research suggests a mismatch between leaders and their team members.

In our experience, leaders usually want to do their best by their team members, but are often unsure what their role is around mental health and wellbeing, and how best to support their people.

### **ABOUT THE TRAINING:**

Umbrella's *Promoting Mental Health at Work* one-day training is designed to equip leaders with both skill and confidence to talk proactively about wellbeing with their team members. We want leaders to more actively notice signs of concern, and follow up safely and effectively on these concerns.

This workshop gives participants time to practise skills in a learning environment to help them try out, adjust, and build confidence to take skills away from the workshop.

The training has been developed from best-practice research in the wellbeing and mental health sciences. The workshops are facilitated by Umbrella's experienced psychologists who create a safe and supportive environment for discussing mental health, and improving leadership competencies in managing mental health.

### **WORKSHOP OBJECTIVES:**

1. Increase knowledge about mental health and mental illness, and the risk and protective factors which contribute to each.
2. Recognise the importance of mental health in the workplace, including a leader's duty of care, and the role of stigma.
3. Increase competence in identifying how stress and mental illness may present across diverse team members.
4. Become familiar with the Umbrella model for best-practice management of stress and mental illness, and skills to support at each stage of this process.
5. Initiate and engage in effective conversations about mental health, and safely raise issues of concern.

*“Excellent content. Very relevant, addressing the real challenges that occur when supporting our people.”*

*“Very well run session, good pace and a mix of delivery styles and not just sitting and watching a presentation.”*

**Full-day (8 hours) - Up to 12 people - Investment \$6000 (+GST) Includes Wellbeing Pulse.**

\* Donaldson-Feilder, E., & Lewis, R. (2016, June). *Managing mental health at work: the role of leaders and line managers*. *Occupational Health, Stress & Wellbeing, Personnel Today*. <https://www.personneltoday.com/hr/managing-mental-health-work-role-leaders-line-managers/>

\*\*Public Health England & Business in the Community (2017). *Mental Health at Work Report 2017*. <https://www.activehw.co.uk%2Fmental-health-at-work-report-2017.pdf>

**FOR MORE INFORMATION OR REFEREE DETAILS, CONTACT:**

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