

# MANAGING MENTAL HEALTH IN THE WORKPLACE – MASTERCLASS

## 13-14 NOVEMBER 2019 – AUCKLAND CBD

THIS MASTERCLASS IS DESIGNED TO SUPPORT LEADERS TO EFFECTIVELY AND CONFIDENTLY PROMOTE AND PROTECT MENTAL HEALTH IN THEIR WORKPLACE.

**1 in 5 Kiwis will experience mental illness this year. This means that at any point in time, it is very likely that in your workplace are experiencing mental illness, with direct consequences to their wellbeing and productivity.**

Research shows that:

- Work-related stress can place people at risk of developing mental illness and can also exacerbate existing symptoms of mental illness.
- Psychologically safe and healthy workplaces can enhance people's mental health and wellbeing and help protect them from mental illness.
- For people with experience of mental illness, safe and supportive workplaces have been found to play an important role in recovery.
- The return on investment in workplace mental health interventions is overwhelmingly positive, with an average ROI of 4.2 : 1 (Deloitte, 2017).

**Enhance your leadership capability and confidence in supporting your people to flourish by promoting positive mental health as well as recognising and managing mental illness. Create a framework and language for talking about mental health with your team that is empowering and proactive, instead of stigmatising and reactive.**

### INTRODUCING DR KAREN JONES

Karen 's unique professional expertise includes a successful career in the financial sector, a Doctorate in Psychology, and experience as a clinical psychologist.

Her track record in building strong business relationships is highly valued by Umbrella clients, while her personal understanding of the pressures of corporate environments strengthens the effectiveness of her facilitation and coaching work.

Karen enjoys translating psychological knowledge about wellbeing and high performance into practical tools and strategies for participants to use in our training workshops, and is skilled at developing insights from her personal experience into meaningful learning experiences for her clients.

From both her career experience and her psychological expertise, Karen advocates the importance of life balance and prioritising health and wellness alongside career success.



“ I highly recommend. This workshop gave me confidence when supporting people experiencing mental illness in the workplace, including stress and anxiety. ”

“ Karen is a fantastic facilitator and very engaging. ”

“ She tailored this course 'on the fly' to make it more relevant for us - Thank you! ”

## DAY 1 OBJECTIVES

1. Increase your knowledge about stress, mental health and mental illness.
2. Debunk common myths about mental illness, and identify the impact of discrimination.
3. Identify common signs of mental illness.
4. Recognise factors that have either a positive or negative influence on people's mental health.
5. Identify the causes of work-related stress and when stress turns into signs of something more serious.
6. Learn a best-practice process on how to respond to suicide risk.
7. Learn how to initiate and engage in compassionate conversations with colleagues you are concerned about (these conversations occur prior to leadership conversations).
8. Learn effective, practical strategies to strengthen mental health and wellbeing at work and in your life, to enable you to flourish.

## DAY 2 OBJECTIVES

1. Increase knowledge about your duty of care to protect the mental health of your people.
2. Understand how stress and mental illness can impact negatively on employee productivity and wellbeing.
3. Identify key principles alongside a best practice process for effectively managing mental health in the workplace.
4. Learn and practise how to plan and carry out effective leadership conversations when concerned about a team member's mental health. This includes when people become tearful, or don't want to engage in conversation.
5. Discuss how to integrate wellbeing conversations as part of your leadership 'business as usual'.
6. Highlight intervention and support strategies.
7. Identify what stops people from engaging in support, and how to overcome these hurdles.
8. Identify the key factors that determine psychologically healthy workplaces.

## THIS MASTERCLASS WOULD BENEFIT:

- Executive Managers and Directors
- People and Culture Managers
- Human Resources Managers, Directors and GMs
- Health and Safety Managers / Directors
- People Leaders
- Human Resources Business Partners

**Places are limited. Book early to avoid disappointment.**

“ The content was perfect for a group of people who have different levels of knowledge in this area. ”

“ A very engaging workshop! Really developed my understanding that I will continue to use for the rest of my life. ”

## TO REGISTER:

Contact Rebecca Dixon on 0800 643 000 or [office@umbrella.org.nz](mailto:office@umbrella.org.nz)

**FEE: \$1650.00 PER PERSON**

This fee is in NZD and excludes GST