



# Managing Mental Health

## Full-day workshop for leaders

***“Being able to feel safe with other people is probably the single most important aspect of mental health; safe connections are fundamental to meaningful and satisfying lives”. – Bessel Van Der Kolk***

A workplace that promotes mental health has substantial benefits for organisations. These benefits can be seen in improved productivity, reduced absenteeism and presenteeism, and higher retention of staff. On average, organisations can expect a return on investment (ROI) of 5.2:1.\*

However, leaders often feel uncertain about how best to ask about wellbeing and respond to mental health challenges in their team members. This uncertainty can prevent leaders from addressing issues within their team, and cause significant stress for leaders themselves.

### **ABOUT THE TRAINING:**

Umbrella's *Managing Mental Health* training has been designed specifically for people leaders to increase their confidence and competence in identifying and managing stress and mental health problems in their people.

*Managing Mental Health* is the follow-on specifically for leaders from our one-day *Mental Health Awareness* training. The two training days combined is our *Masterclass in Mental Health* to equip leaders with in-depth knowledge and skill in both supporting distressed team members and building a culture of mental health.

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. Understand the role you can play as a leader in promoting mental health at work.
2. Become aware of the legal framework for managing stress and mental illness in NZ.
3. Plan for your own self-care and mental health, recognising that supporting others' wellbeing can be stressful.
4. Learn ideas for creating a culture of wellbeing within your team.
5. Practise raising concerns about staff wellbeing in a safe and supportive way.
6. Identify available interventions and ideas for making accommodations when team members are struggling.

*“This workshop was awesome. Very relevant, addressing the real challenges that occur when supporting our people. I have learnt so much, and have massively increased my awareness & confidence in managing mental health at work.”*

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

\* Deloitte (2020). *Mental health and employers: Refreshing the case for investment.* <https://www2.deloitte.com>.

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

**THE UMBRELLA TEAM – AUCKLAND - TAURANGA - WELLINGTON**

**T** 0800 643 000 **E** [office@umbrella.org.nz](mailto:office@umbrella.org.nz) **W** [umbrella.org.nz](http://umbrella.org.nz)