



MENTAL HEALTH & WELLBEING IN THE WORKPLACE SUBSIDISED TRAINING FOR MANAGERS

The Royal Borough of Kensington and Chelsea is working with training providers to offer affordable *Mental Health and Wellbeing Training for Managers* to employers across the borough working towards London Healthy Workplace Award accreditation.

One in six employees are experiencing stress, anxiety or depression at any given time. Poor mental health and stress are consistently among the top reasons for sickness absence across all sectors. The training on offer is designed to support managers in considering their role in relation to mental health in the workplace.

COURSE CONTENT

The course is in two parts:

- **An introduction to mental health:** What is wellbeing? Supporting positive mental health. Common mental health problems (stress, depression, anxiety) in the workplace and recognising the signs and symptoms. Tackling stigma.
- **Managing mental health and wellbeing in the workplace:** Listening and coaching skills. The importance of early intervention. Understanding the Equality Act / reasonable adjustments. Knowing where to seek help.

FORMAT AND COST

Half day courses are delivered in central London locations. Places are available for £25 per person for up to 18 managers. This offer is exclusively for local organisations working towards a London Healthy Workplace Award, subject to agreement with our Healthy Workplace Business Advisor.

WHAT IS INCLUDED?

- training materials, electronic copies of presentations and handouts
- recommendations for resources to support line employers and managers
- ongoing email support for 30 days

THE IMPACT

It is expected that managers will have improved awareness of issues affecting mental health and wellbeing and be able to demonstrate the essential skills to facilitate effective management.

ABOUT THE TRAINER

Dorothy Martin is a Wellbeing Consultant for Westminster City Council's Healthy Workplaces Support Service. She is committed to increasing awareness about health and wellbeing in business to prevent burn-out, and enhance resilience, motivation and creativity. Dorothy has experience in the field of organisational wellbeing in the public, private and voluntary sectors, with qualifications in Psychology (MSc), International Public Health (MSc), and Human Nutrition (Dip).

TO BOOK

Please contact our Healthy Workplace Advisor on healthyworkplace@rbkc.gov.uk to discuss eligibility and booking.

*The **London Healthy Workplace Award** is a great way for businesses to show that their employees' health and wellbeing really matters to them. It provides a framework for action and the opportunity to gain recognition for good practice through accreditation. www.london.gov.uk/healthyworkplace*