

Are We Fine Today? For People Managers



The Mindtemple Institute's training programs are upstream interventions that help employees prevent mental health problems.

1 in 4 people will be affected by mental or neurological disorders at some point in their lives.

In this course we equip people managers with information, tools and resources to build a mentally healthy workplace and change the way they work with their team members.

Audience:

People managers, senior leaders

Delivery

Webinar

Facilitators:

1-2 experienced psychologists who have master's degree in Psychology

Syllabus

Contents:

Introduction to mental health

- Definitions
- Statistics
- Impact of workplace mental health on business

Common Mental Disorders

- Biopsychosocial model of mental disorders
- Stress
- Depression
- Anxiety
- Myth busting

Role of People Managers

- Responsibilities of people managers
- Tell-tale signs – general
- General Do's and Don'ts
- De-stigmatization

Helping others

- Mental health first aid (ALGEE)

Self-care

- 8 strategies for leading a mentally healthy lifestyle

