



MHFA England



# Mental Health Skills for Managers

1/2 day course delivered face-to face or online

£150 per learner, max 16 learners

£2400 Group price (16 learners)

## Learner Participation

- 30min pre course self-reflective work
- Immersive training session
- Embed skills with group activities and discussions

## Your Trainer

Julie White is an MHFA England instructor member, coach and trainer. She has many years HR and people management experience.

## Why this course?

Put wellbeing at the heart of your leadership approach for a mentally health workplace. This four-hour training course will provide a consistent approach to mental health and wellbeing, promoting healthy performance across the whole organisation.

## Course Outcomes

- Identify if an employee may be experiencing poor mental health
- Feel confident having open conversations about mental health
- Appropriately signpost to available support
- Role model good self-care practice

## Your Takeaways:

Participants of the course receive:

- MHFA England Certificate of attendance
- Knowledge and tools
- Digital workbook for use during course