



MHFA England



**cavendish
wellbeing**

Mental Health Skills for Managers

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

£150 per learner, max 16 learners

£2400 Private Group price (up to 16 learners)

Includes donation to Cavendish Cancer Care

Leaner 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