

### Overview

**Empower managers to put wellbeing at the heart of their leadership approach with this practical and immersive online course.**

Managers who are able to support the mental health of their teams will encourage employees to thrive, increasing talent retention. Providing this training to everyone with people management responsibilities will ensure a consistent approach to mental health and wellbeing across teams and departments, promoting healthy performance throughout the whole organisation.

**Aims:** To increase mental health literacy in your supervisor/ management/ leadership team.

### Objectives

**By the end of this session, the participants should be able to:**

- Identify if an employee may be experiencing mental health issues
- Feel confident having open conversations about mental health with their team members
- Appropriately signpost to available support and know where to go for support and guidance for themselves
- Role model good self-care practice, inspiring their teams to look after their own mental health and wellbeing

### Outline

- **Part 1** - Focuses on what mental health is and why it is important (this includes a definition, what mental health impacts and why it's important to promote positive mental wellbeing at work. We will start and finish the course discussing self-care and helpful habits.
- **Part 2** - What influences mental health (including language, stigma, discrimination & stress) and what we can do to support positive stress management as leaders
- **Part 3** - What does it look like when someone is experiencing poor mental health at work and what can we do to support our team
- **Part 4** - Why is role modelling of self-care practice important and how else can you inspire your teams to look after their whole health to support them to thrive

**Level:** Open level. Suitable for those who have no knowledge of mental health awareness and those who would like to refresh their previous knowledge.

**Time:** Half a day (3.5-4.5 hours)

**Additional Recommendations for Delivery:** We recommend we facilitate a 2 follow up session at least 2 weeks after the initial half day course, to consolidate learning and reflect on how learners have put their skills into action.

# Core Skill Development

## Mental Health Awareness for Leaders



### Tailoring Options:

- We can tailor this course to meet your needs
- We recommend incorporating sign-posting to other courses, support and resources to make this course more impactful
- We can deliver this course to non-leader/management as an "Introduction to Mental Health Awareness"

### Our Facilitators:

- We will work with you to find the best facilitator to fit your delivery needs
- All of our facilitators are experienced trainers with an understanding of trauma-informed delivery
- If our trainers are delivering a topic that is for leaders/management, they will have experience of being a leader/ manager over their career

### Related Courses

- Active Listening Skills
- Conflict Management
- Managing Virtual Teams and Hybrid Working
- Psychological Safety for Leaders
- Supporting Someone in Distress
- Mindfulness at Work for Busy People
- Management Excellence Course (2 day course delivered by one of our HR Specialist Facilitators)
- Developing Social and Emotional Intelligence
- Promoting Positive Mental Wellbeing at Work
- Assertive Communication Skills
- Cultivating Resilience at Work
- Strengths-based Leadership
- Inclusive Leadership Training
- Coaching Skills for Leaders
- The Power of Play at Work
- Managing Uncertainty and Cultivating Growth
- Preventing and Overcoming Burnout
- Action Learning Sets for Problem Solving and Growth

### Train the Trainer Programs

- If you'd like to explore options for delivering our content to your organisation in a more sustainable way, with your own team as facilitators, ask us about our tailorable Train the Trainer packages.

We can support you to develop a robust leadership skills training programme, contact us on [info@itsaplayground.org](mailto:info@itsaplayground.org) now to book in a free consultation meeting to explore options.



*It's a State Of Mind*  
Mental . Physical . Social

**IN THE PLAYGROUND, WE'RE TAUGHT TO EXPLORE,  
ADVENTURE, EXPERIMENT AND LEARN.**

**WE'RE ENCOURAGED TO BE ACTIVE, CONNECT AND  
SHARE.**

**LIVE YOUR BEST LIFE...  
CREATE YOUR OWN PLAYGROUND**

**WE'RE PASSIONATE ABOUT ENSURING YOU HAVE THE RIGHT TOOLS AND KNOWLEDGE TO LOOK  
AFTER YOUR PHYSICAL, SOCIAL & MENTAL HEALTH AND WELLBEING, SO THAT YOU CAN MAINTAIN  
AN "IT'S A PLAYGROUND" STATE OF MIND.**

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