

Mental Health Conversation Skills For Leaders

One day workshop with Bill Carson

Certified Master Mental Health First Aid Instructor

Mental Health Conversation Skills

Teaches Managers how to appropriately provide assistance to a team member who might be suffering mental or emotional challenges.

“Mental and emotional health challenges in employees are common. The illness or death of someone they love, relationship breakups, and workplace stressors are all triggers.”

How do you broach the subject?

Most managers do not have the skills to deal with these complex personal situations - therefore often nothing is said, or done.

One Day Workshop

Separate out the performance issues from the personal issues

In this insightful training program, you are not taught to be a Doctor or Therapist; but you are given the skills to notice the signs that a team member might be struggling, and confidence to engage in a compassionate, and effective human-centered conversation.

Key Outcomes

You will learn...

- The current facts on mental health and mental illness Australia wide today, and how this is impacting your business
- How to identify early signs of mental unwellness
- How to approach a team member - what to say, and what NOT to say
- How to have a caring conversation and help the person come to their own awareness
- What resources you can refer to
- How to manage your own self-care and the rest of the team

Your Tools

- A framework to create mentally healthy workplaces
- Knowledge and understanding on how to support employees with caring conversations
- Additional resources for building on a Manager's own mental health skills

“Helps managers to be authentically caring and significantly contribute to a more engaged and committed culture”

Support