

Signposts



For psychological wellbeing in organisations.

Practical guidance to enable leaders and managers to create a healthy work environment; to initiate interventions which raise awareness; and to support the psychological wellbeing of others.

Duration:	2 Days
Participants:	10-12 persons
Price:	£250 per participant plus VAT
Suitable for:	Leaders and Managers

Overview:

As many as 1 in 3 adults of working age live with anxiety and depression. So how many would that be in your organisation?

Employers face huge challenges today. They can no longer ask about health and sickness before a job offer is made. And it's recognised that people do not feel comfortable about disclosing a mental health condition for fear of a negative reaction. The impact of these factors can be significant in the work place, both in damaged relationships and extended sick leave. So what practical steps can be taken?

These two days will enable leaders and managers to identify the early signs of distress; to engage more insightfully with colleagues suffering distress; give guidance to support for those colleagues; and to create a climate of wellbeing and resilience from which all staff benefit.

Signposts is led by experienced facilitators and shaped around the particular needs and circumstances of the organisation and audience.

Benefits:

By the end of Signposts you will have leaders and managers able to:

- Identify the early signs of distress
- Work more insightfully alongside staff experiencing distress
- Promote the psychological wellbeing of all work colleagues
- Reduce stigma and lack of understanding of psychological issues