

Speak Your Mind - Well Being Conversations

Duration: 1 day + 90 min live webinar



Why

Nine in ten employees are affected by mental health issues and more of us are willing to speak about this at work, yet only one in five (20%) report an improvement in workplace training.

Increase your people leader's empathy and human connection, help banish the stigma and change the conversation with our MHFA conversational experts.



High Level Content

- Use real-time conversations to understand how people are feeling and show that you care by building genuine connection and trust
- Understand how to create an environment where stigma is being reduced
- Develop your Conversational Wisdom® and learn how to apply the methodology to have better conversations about mental health and wellbeing
- Explore your emotional landscape and learn how to move around it



What

This blended programme helps participants strengthen their skills and confidence to have more meaningful conversations about mental health and wellbeing at work.

Pre-work engagement, a one-day highly interactive and practical workshop and a follow up live webinar are supplemented with our e-manual and reflection notebook - to help the learning stick.



Impact

- Increase empathy and human connection for a more productive and happier workforce
- Reduce rates of absenteeism and presenteeism due to unspoken wellbeing and mental health challenges
- Boost your people's confidence to lean into sensitive mental health and wellbeing conversations
- Demonstrate that your organisation cares about the wellbeing of your people



“The Facilitators on the day were excellent encouraging great levels of participation and interaction.

They enabled a safe space for us to disclose and discuss during the day.

Drawing from their personal stories we were able to share ours with one another which helped us all connect with the topic and with each other.”

**Anna Lees, People & Leadership,
Belron**

Contact Us

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