



## Mental Wellbeing @ Work-What managers need to know

**\*No public courses are promulgated for 2024.**

**Please contact us to arrange an in-house session or to be notified of future public courses**

***Managers and workers both have roles to play in building safe work environments – one that will not create or exacerbate mental illness and ones in which workers are properly supported*** Australian Human Rights Commission

### LEARN PRACTICAL SKILLS

At any given time up to 1 in 5 employees are likely to be experiencing a mental health issue and it's imperative that managers, supervisors, team leaders, WHS and HR teams understand the responsibilities of the workplace in ensuring that the workplace does not create mental health issues or exacerbate an existing condition ( psychosocial hazards)

This practical and interactive 4hr- course is a must-do for anyone supervising or managing people and provides-

- enhanced understanding of the more common mental health conditions and common workplace psychosocial hazards
- knowledge to identify “red flags” and confidence to be able to start a conversation with an employee regarding mental health
- understanding of employers rights and obligations to employees with known or suspected mental health issues – what to do and what not to do
- appropriate actions an employer can take if the employee does not have the capacity for work, or is not meeting performance expectations
- practical strategies and tools to assist with recovery at work
- practical strategies and tools to assist with return to work following an absence for mental health issue
- understanding inherent requirements and the legal imperative to offer reasonable adjustments.
- available supports for you and your colleagues

Training will be conducted by National and State LiFE Award winner, Wendy French. Wendy is a Master Instructor who has presented Mental Health, Suicide Prevention and Suicide Bereavement training in various communities around Australia and has spoken and presented at various National and International conferences and forums.

### WHAT OTHERS SAY

*“One of the best workplace trainers I’ve met in 30 years. So easy to learn from”*

*“Very helpful, practical information to help me manage what I have previously found difficult”*

*“Really worthwhile course for anyone who supervises people. Wendy’s vast management experience along with her knowledge of mental health made the training relevant and very useful”*

**\$190.00 (+gst) per person**

For all enquiries please email: [wendy@talkingabout.net.au](mailto:wendy@talkingabout.net.au)

Phone: 0412 468 666

**\*Exclusive courses can be conducted in your workplace (minimum charge for 10 participants)**