



# Mental Health & Well-being for Managers

**Duration:** Half Day

**Location:** Online

**Dates:** May 26, 2021

**Time:** 09.30am - 1.00pm

**Cost:**

**Ibec member:** €190

**Non-member rate:** €215

## Summary

This workshop will equip managers and team leaders with the tools to support their teams in the area of mental health and well-being.

### At the end of the programme participants will:

Understand the connection between the mental health and well-being of the individual and business performance. They will have a clear understanding of the importance of mental health and well-being to the team. Participants will learn how to have well-being conversations with their staff and how to support them when the need arises. They will also have an opportunity to explore their own level of well-being and learn ways to sustain and improve it.

### This programme is for:

Managers and team leaders who have responsibility for managing people in any organisation in any industry

## Approach

This half-day programme is highly practicable and interactive in its approach with actionable takeaways that allow participants to embed the learning in a practical way. The format will encourage participants to discuss challenges or concerns they may have in this area and how to manage them. The workshop will provide the tools required to equip managers and team leaders to support the mental health and well-being of both themselves and team members.

The programme is delivered virtually via Zoom.

## Programme structure

### Understanding mental health and well-being:

- Definition of well-being
- Relationship between mental health & well-being and business performance
- Benefits of supporting your teams' mental health & well-being

### Building positive relationships at work

- Understanding your own state of well-being
- Recognising signs of burnout in your team and how to address
- How to manage the well-being conversation

### Improving your teams mental Health & well-being

- Managing well-being at work
- Practical ways you can support your teams' mental health & well-being