

Reframing Workplace Mental Health: What Every Leader Must Know

Length	60 to 90 minute presentation
Audience	Executive leadership, business owners, senior management, human resources professionals

General description

Organizations that address workplace mental health issues strategically can build and maintain healthy, productive workplaces.

This 60 to 90-minute presentation offers an overview of the highly acclaimed Wellness Works approach to the issues of mental health in the workplace, framed through the lens of psychological health and safety, disability rights, and human resources and business best practices. This session provides an introduction to the messaging and strategies found in our multiple training offerings that are helping organizations throughout California address mental health issues more strategically and effectively.

Learning objectives

Participants in this informative session will:

- Expand awareness of the prevalence and impact of mental health issues on organizations
- Understand human resources and management's role in addressing mental health in the workplace
- Gain valuable insight from contact with productive employees who live with a mental illness through videos of real people sharing their stories
- Question their own and others' attitudes and assumptions about employees who are struggling with performance issues
- Consider how current organizational policies, practices and culture impact employees who have mental health issues
- Be introduced to the Wellness Works approach as a systemic solution for addressing mental health issues in the workplace



Reframing Workplace Mental Health: Strategies for Your Organization

Length Half day (3.5 hours) – presentation plus activity

Audience Executive leadership, business owners, senior management, HR professionals

General description

In this interactive half-day workshop, participants experience the one-hour presentation *Reframing Workplace Mental Health: What Every Leader Must Know* followed by a high-intensity facilitated knowledge exchange that leverages the collective wisdom, creativity and motivation of participants to begin developing specific strategies for change within their organizations. Participants select and rotate among multiple discussion groups according to their areas of interest and influence. For each topic selected, participants identify personal and organizational outcomes for focused planning. The high level of interaction and engagement in this half-day session ensures that the knowledge gained will be translated into meaningful action within the participants' organization.

Learning objectives

Same as 60 to 90 minute presentation, PLUS

- Challenge leaders to commit to real changes that create a more inclusive culture in their organization
- Identify specific next steps to begin addressing workplace mental health in their organizational setting
- Create a community of support among leaders to continuously improve psychological health and safety in the work environment

For information on bringing
Wellness Works to your organization,
please contact us at
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