

# MANAGING MENTAL HEALTH IN THE VIRTUAL WORKPLACE

**Live Online Training Course: Practical tools for Executives, Managers and Leaders to minimise risks and meet legal obligations**



June

July

Course Parts will commence at **09:00** and end at **13:00** (AEST). There will be short breaks during each course Part.

Part 1: **15<sup>th</sup> June**Part 1: **6<sup>th</sup> July**Part 2: **22<sup>nd</sup> June**Part 2: **13<sup>th</sup> July**

**Our Expert  
Course  
Instructor**



**Sandi Givens**

Sandi has over 28 years of professional experience in training & management. Sandi inspires people to incorporate new behaviours and attitudes in their daily lives.

## Key Learning Objectives

Attendees will take away knowledge, skills and practical tools that will build their confidence and ability to:

- ▶ Establish first steps in tackling the rising issue of workplace mental health
- ▶ Promote programs within their workplace that raise awareness and reduce stigma of mental health conditions
- ▶ Develop strategies that will demonstrate commitment to employee mental health
- ▶ Build a work environment that ensures the positive mental well-being for all employees
- ▶ Address the most common challenges they are likely to encounter in the workplace in regard to the mental health of employees
- ▶ Recognise the early warning signs of poor mental health
- ▶ Have conversations with staff they are concerned about – and to deal with the range of responses from staff they might receive.
- ▶ Manage the complexities of their legal obligations in regard to providing a mentally safe workplace, as well as managing an employee with a mental health condition
- ▶ Effectively support employees with mental health conditions
- ▶ Look after themselves and ensure they maintain positive mental health

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## ABOUT THE COURSE

Research has revealed one in 5 employees has a mental health condition of some sort, and at least 50% of all Australians will be diagnosed with a mental health condition at some time in their life.

There are legal obligations employers must now fulfil to ensure not only the physical safety of their workforce, but their mental (or psychological) safety as well.

Moreover, the PwC report of 2014 revealed that, on average, for every dollar a business invests in mental health initiatives for their staff, there is an ROI of \$2.30 to be gained.

## WHO WILL BENEFIT

- Leaders from all industry sectors
- HR, L&D and OH&S professionals
- Executives and Managers responsible for the productivity and well-being of their staff
- Senior employees who are keen to lead the movement towards a psychologically safer workplace

## EXPERT COURSE INSTRUCTOR



### Sandi Givens

Sandi has a unique ability to connect with, engage and enthuse her entire audience, irrespective of size, demographic or skill level. Exceptional communication and interpersonal skills, and leading-edge educational and learning technologies

enable Sandi to inspire people to incorporate new behaviours and attitudes in their daily lives.

With over 26 years of professional experience in training and management, her primary goal is to help people learn, rather than merely tell them what to do. For the past 15 years, Sandi has worked as a consultant and director of her own company, Knowledge-Able Pty Ltd.

Sandi is skilled in the areas of needs analysis, program design and development, customisation for individual clients and post-program coaching to ensure application of new skills and behaviours in the workplace.

## Course Outline

- The state of mental health in Australia – and its impact on business
- What does a 'Mentally Healthy Workplace' look like?
- Developing an Action Plan for improving the mental safety for all employees at your workplace
- Legal obligations for employers
- How to implement programs at work that increase awareness, reduce stigma and build capability in recognizing, managing and dealing with people with mental health conditions
- Why simply asking 'Are you OK?' is not enough – and what to do instead
- Helping staff understand how to support someone in the workplace with a mental health condition
- What are 'reasonable work adjustments' that employers are required by law to make for employees with a mental health condition
- Looking after yourself – and knowing the signs of when it's important to seek help
- Resources and where additional help and information can be found

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## WHAT OUR CLIENTS SAY

*"I felt so immersed for the entire duration of the training. I left wanting more, just what I need! Thank you, thank you, thank you."*

Head of Safety, EDG-Woolworths

*"Practical explanations and tools that will impact me greatly in my work and life! Sandi is creative, enthusiastic, helpful and responsive!"*

Assistant Director, Department of Health & Aging

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## Easy Ways to Register

**1 Web**  
www.informa.com.au/managingmentalhealth

**2 Telephone**  
+61 (02) 9080 4395

**3 Email**  
training@informa.com.au

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## Managing Mental Health in the Virtual Workplace

| Course Code | Location             | Course Parts | Month   | Standard Price         | 4+ Dels Discount  |
|-------------|----------------------|--------------|---------|------------------------|-------------------|
| P20GC20ME02 | Live Online Training | All 2 Parts  | June 20 | \$1,196 + \$119.60 GST | <b>\$1,315.60</b> |
| P20GC20ME03 | Live Online Training | All 2 Parts  | July 20 | \$1,196 + \$119.60 GST | <b>\$1,315.60</b> |

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### Informa Corporate Learning – On-site & Customised Training

Informa Corporate Learning has a long-standing track record of delivering very successful customised learning solutions achieving real and measurable value for our clients through our senior training consultants.

If you have 8+ interested people, an on-site course can be the ideal solution – giving you the opportunity to customise our course content to your specific training needs, as well as attracting significant savings compared to public course costs.

### Why Choose On-site With Informa Corporate Learning?

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- 3. On-site training** is a cost effective way to train your people and achieve your defined outcomes.

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Speak with **Anton Long** or **Holly Baldwin** on **+61 (02) 9080 4455** to discuss your customised learning solution, or email [training@informa.com.au](mailto:training@informa.com.au)