



Help your team be at their best

Get practical strategies to lead change, manage risks, and provide support to boost mental health at work

Join ***Managing for Team Wellbeing*** delivered by the Black Dog Institute. This training workshop is designed for employers, managers, and supervisors to help develop your wellbeing leadership skills and show how you can support others (and yourself).

What you will learn

- How to have conversations with team members about mental health
- How to design healthier workplaces
- How to assist team members to stay at work, or to return to work after an absence
- How to spot the early warning signs of mental ill-health and what to do
- Your legal responsibilities as a manager
- Ways you can care for your own mental health
- How to support others on where to go for help

What you can expect

- No preparation is needed – just show up with a willingness to learn
- You will receive a workbook to complete during the workshop which includes additional resources and support services
- The 3 hour training includes interactive discussions, polls, scenarios and Q&A
- Training is delivered by an expert psychologist who will provide advice and answer any questions you may have

100%

of participants said they would recommend the training and intend to implement ideas learnt

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