

## Wellbeing

# Mental Health and Wellbeing – Manager Training

## Course Details

### Price

£165.00

### Length

Half day (09:00-12:00)

## Course Overview

This 3-hour session will provide managers with the information and development to better understand and manage the signs and symptoms of mental health conditions.

Through group work and open conversation, we will discuss the reasonable adjustments needed for an employee to return and stay in work, whilst considering the larger impact on the team as a whole.

## Course Content

- Mental health, the business case and your role as a manager
- Promoting and boosting staff wellbeing and taking stock
- Conversations about mental health and supporting employee
- Positive and proactive performance management and mental health

- Signposts to information and support

## Benefits

The course is designed to help managers to feel more confident about the subject of mental health and wellbeing and to know how to better support themselves as well as their teams.

## Next Steps

If you would like to book a place on this course please click on the **'Book Course'** button to the right of this page and login or register for a user account to complete your booking(s). Any queries please do not hesitate to contact us via [admin@gta.gg](mailto:admin@gta.gg) or call us on 01481 224570. If no date is scheduled for this course at the present time please click on the **'Register Interest'** button and login or register for a user account so that we can add you to our course interest register. This register allows us to contact our tutors and finalise dates for a course as soon as we have a few people who have expressed their interest, so the more delegates who register their interest, the sooner we can schedule a particular course.

## Course Tutor

### Lisa Ingrouille

The course will be delivered by Lisa Ingrouille, Training Lead at Guernsey Mind. Lisa delivers a range of workplace training for Guernsey Mind including the MHFA courses. Before joining Guernsey Mind Lisa had worked in the Public Sector as a Learning and Development Manager and has 15 years' experience as a manager and trainer. She is passionate about wellbeing and providing tools and techniques to help managers to support their teams.