

# MENTALLY HEALTHY WORKPLACES

This program gives emerging and first-line managers tools to improve mental health and wellbeing within their workplace, increasing positivity, engagement and productivity.



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## PROGRAM OUTLINE

This workshop will cover the following topics:



- Define mental health
- Understand mental illness and common symptoms
- The impact mental health has on the workplace
- How to help someone experiencing mental illness
- Looking after your own mental health
- Support structures and resources
- The benefits of mental wellbeing programs in the workplace
- Employee protections

## LEARNING OUTCOMES

After completing this workshop participants will be able to:

- Confidently discuss mental health
- Choose and utilise tools to identify, approach and support someone with a mental illness
- Empower others to manage their own mental health and wellbeing
- Understand obligations and workplace legislation relating to mental health

## BENEFITS TO BUSINESS

- Research by the Black Dog Institute and Beyond Blue has identified a return of investment of between \$2.30 and \$5.70 for every dollar a business invests in mental wellbeing.
- Mentally healthy workplaces experience less staff turnover, less lost work time, less malicious compliance, less industrial sabotage, theft and vandalism. At the same time, employees are more engaged, empowered, innovative and become brand advocates.

## PROGRAM DETAILS



<b>COST</b>	\$4,000.00 (Cost is per program, ex GST)	<b>DURATION</b>	4 hours
<b>PARTICIPANT NUMBERS</b>	15 participants maximum (Optimal group size 8-12)	<b>DELIVERY</b>	Digital (Delivery via Zoom etc)