

MENTALLY HEALTHY WORKPLACES

This program gives employees and leaders tools to improve mental health and wellbeing within their workplace, increasing positivity, engagement and productivity.



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PROGRAM OUTLINE

This program 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 (*Leadership Program*)
- Employee protections (*Leadership Program*)



LEARNING OUTCOMES

After completing this course 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 (*Leadership Program*)

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



COST

\$1,600.00 - Standard Program
\$2,100.00 - Leadership Program
(Cost is per program, ex GST)
(15 participants maximum. Optimal group size 8-12)

DURATION

2 hours
3 hours

DELIVERY

Digital
Digital
(Delivery via Zoom/Teams)
(Onsite delivery available, contact us for a quote)