

HoW2

Manage Mental Health in the Workplace

This short course covers the most common mental health conditions that can affect employee wellbeing and workplace performance.

On completion, you will have a better understanding of risk factors that can exacerbate poor mental health and be able to recognise when someone you work with is struggling to cope. The course also looks at how team dynamics and workplace culture impacts resilience and wellbeing, and ways to promote good mental health through the development of a positive working environment.



When

3rd July 2024

Where

HoW College
All Saints Building, Deansway,
Worcester, WR1 2JF

Times

7.45am: Networking and Breakfast

8.00am – 9.00am: HoW to

9.00am – 10.00am: Networking

Cost

£25 per booking.
Includes networking
opportunities and breakfast.



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