PEOP101

Managing Mental Health in a Care Leadership Environment

The work environment can influence either positively or negatively a person's mental well-being

Each year, 1 in 5 Australians will experience a mental illness. As part of our obligation as an employer, we need to provide a safe workplace for our employees. How do we do this from a mental health perspective? Carrying stress, anxiety and depression can prevent employees from being focused at work and meeting their objectives. Burn out, increased sick leave, inter-personal relationship issues, and disengagement may be the unfortunate result.

This program has been designed to assist leaders in managing this complex issue. We look at research completed in this field and offer support and advice on how to manage issues practically and empathically whilst maintaining a professional work environment.

Suggested Participants

- Team Leaders
- Supervisors
- Managers

The content is suitable for leaders within:
- Aged Care
- Disability
- Community Services
- Allied Health
- Childcare

Seminar Overview

- What are the responsibilities for managers from a safety perspective?
- Mental health issues that may present in the workplace
- Psychological Safety – what is it and how can we provide it?
- How does culture fit in with mental health?
- Leaders take the Lead: managing your own mental health
- Performance management and dealing with employee personal issues: What you can and can't do
- Empathy, understanding, and clear communication
- Support Services available
- The importance of documentation
- Organisational Initiatives: What can you do?

Cost

Webinar

$249 +GST per participant

Face-to-Face Inhouse Sessions available upon request

Need to send a few people to this seminar?
Register 5 or more seats and receive a $50 discount per person

Visit our website for upcoming seminars or to book an in-house session

1300 07 55 11

info@carecfo.com.au

www.carecfo.com.au

Care CFO
YOUR PARTNER IN CARE