

MANAGING MENTAL HEALTH IN THE WORKPLACE MASTERCLASS – 8-9 OCTOBER 2018

WELLINGTON CBD

MONDAY 8TH OCTOBER

- 8.30am – 9.00am** Registration and meet and greet
- 9.00am – 10.30am** Increase your knowledge about stress, mental health and mental illness
Debunk common myths about mental illness, and identify the impact of discrimination
- 10.30am – 10.45am** Morning tea
- 10.45am – 12.30pm** Identify common signs of mental illness
Learn about the Te Whare Tapa Wha model of mental health
Recognise factors that have either a positive or negative influence on people's mental health
Identify the causes of work-related stress and when stress turns into signs of something more serious
- 12.30pm – 1.15pm** Lunch
- 1.15pm – 3.00pm** Learn a best-practice process on how to respond to suicide risk
Learn how to initiate and engage in compassionate conversations with colleagues you are concerned about (these conversations occur prior to leadership conversations)
- 3.00pm – 3.15pm** Afternoon tea
- 3.15pm – 4.00pm** Learn effective, practical strategies to strengthen mental health and wellbeing at work and in your life, to enable you to flourish
- 4.30pm** End of first day

TUESDAY 9TH OCTOBER

- 8.45am – 9.00am** Arrive, coffee and tea
- 9.00am – 10.30am** Increase knowledge about your duty of care to protect the mental health of your people
- 10.30am – 10.45am** Morning tea
- 10.45am – 12.30pm** Understand how stress and mental illness can impact negatively on employee productivity and wellbeing
Identify key principles alongside a best practice process for effectively managing mental health in the workplace
- 12.30pm – 1.15pm** Lunch
- 1.15pm – 3.00pm** Learn and practice how to plan and carry out effective leadership conversations when concerned about a team member's mental health. This includes when people become tearful, or don't want to engage in conversation
Discuss how to integrate wellbeing conversations as part of your leadership BAU
Highlight intervention and support strategies and identify what stops people from engaging in support, and how to overcome these hurdles
Use the Te Whare Tapa Wha model to support intervention planning
- 3.00pm – 3.15pm** Afternoon tea
- 3.15pm – 4.00pm** Identify the key factors that determine psychologically healthy workplaces
- 4.00pm – 4.30pm** Finish and wrap up