



## **Positive Mental Health Conversations**

### **Live Online Workshop**

#### **Overview**

This interactive workshop is designed to support more open conversations in the workplace. The goal is to make mental health conversations that little bit easier by discussing what mental health is and the importance of authenticity, language and listening to your colleagues. Attendees will also be introduced to an internationally recognised and practical framework for supporting positive mental wellbeing.

#### **Workshop Structure**

- Introduction
- The importance of authenticity
- ‘What is mental health’ group exercise
- The importance of language
- The importance of listening
- ‘How can we make it easier to talk about mental health at our workplace’ group exercise
- How to start a conversation – practical advice
- Introduction to the 5 Ways to Wellbeing
- Connect – Be Active – Take Notice – Keep Learning – Give
- The 5 Ways for leaders
- What are other Irish companies doing to support mental health conversations?
- ‘What information are we missing when it comes to mental health at our workplace’ group exercise
- Reflect upon what we have learned

#### **Who will benefit?**

- HR professionals and senior leaders
- Line Managers
- Office, Facilities and Health & Safety managers
- Anyone that is interested in understanding how to have better conversations around mental health



## Managing Expectations

It's important to note that no one will emerge from this workshop as a skilled psychologist or an expert in mental health. Attendees will not be equipped to solution any mental health challenges their colleagues are facing, that is the remit of professionals. The workshop serves as a way to de-stigmatise mental health and promote more positive mental health conversations within the work environment.

## Logistics

- 2-hour interactive online workshop (Zoom is preferred)
- Max of 15 attendees (8-12 is optimum for interaction)
- Price: €1,599.00 which will include all group activity outputs

## About the Workshop Facilitator

[Brian Crooke](#) is a wellbeing educator, speaker and adviser, empowering Irish organisations to promote and sustain wellbeing within their workplaces.

He is the founder of *The Work Well Institute* and the [Workplace Wellbeing Ireland](#) community and is Course Director of the Postgraduate Certificate in Workplace Wellness at Tangent, Trinity College Dublin. He is the host of *The Work Well Podcast*.

In his spare time, Brian is bringing free resistance training to every county and community in Ireland through his *parkHIIT* social enterprise.



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