



Mental Health

Mental health is always a necessary part to consider when you take care of your workers. Work demands a sound mind, body, and spirit. Hence, it is important to be able to care for your own mental health, and if necessary, help relieve the mental aches and ills of those around you as well. Failure to take care of mental health can result in falling productivity rates, turnover rates, or worse, the death and injury of your workers. There are ways to care for your mental health and the mental health of your team members.

This training course is set to help both individuals and teammates work with mental health to the best of their ability. Learning about this vital area within the workplace can create a healthy and positive workplace without the absenteeism and issues from poor mental health. Techniques to reduce stress, improve understanding of mental health concerns and how to treat areas of concern are all vital for employees to remain resilient and cautious.

Course Overview

The first part of the day will be spent getting to know the participants and discussing the workshop. Students will have the opportunity to identify their learning goals.

Identifying Mental Health In The Workplace

We will start discussing the areas of Mental Health and help employees learn how to spot mental health concerns within the workplace. Students will have the opportunity to identify their own weaknesses and areas where their own mental health may degrade unless identified.

Delegate and Work Together

In this session, participants will learn how to delegate the right tasks at the right time, to the right people which will lead everyone's mental health okay.

Mindset Methods

This session will teach the participants about how to use techniques to improve their awareness and ability to be positive within the work environment.

Watch Your Clock

This session will teach the participants about how to manage one's time effectively to reach the goals that are set.

Keep Stress Away

During this session, participants will explore the importance of keeping stress away. They will also learn the ways on how to reduce stress and maintain mental health.

Workshop Wrap-Up

At the end of the course, students will have an opportunity to ask questions and fill out an action plan.

Visit <https://paramountraining.com.au> for more information or call 1300 810 725