

ONLINE COURSE

# Managing Minds



Enhance managers' understanding of mental health issues in the workplace and equip them with the skills to support their team members effectively.



Healthier lives, healthier businesses

~personify™  
HEALTH

# 18 million

working days are lost due to mental illness related sickness in the UK.

personify™  
HEALTH

The connection between mental wellbeing, productivity, profitability, and business success remains a huge challenge for UK employers. Mental health issues lead to decreased job satisfaction, absenteeism, and reduced overall performance. It is the responsibility of leaders to recognise the signs of mental ill-health, know when to step in, and how to offer support. Research has shown that management support is a key driver of success, making it essential for managers to become 'empathetic leaders.' Investing in mental health training equips people managers to meet this challenge, improving both employee wellbeing and business performance.

## What We Do

**Personify Health is the worlds #1 digital health and wellbeing solution, leading the market for 20 years.**

**We are dedicated** to helping businesses like yours empower their people to engage with their health and wellbeing.

**We are trusted** by leading organisations everywhere, delivering solutions that truly fit the needs of you and your business.

## What can your managers expect?

This course is designed for managers looking to improve their knowledge and skills about the impact of mental health on their business performance, and to learn the skills to support their own and their team's wellbeing in the workplace.

- Engage in a 3-hour interactive training with expert guidance from Dr. David Batman.
- Participate in dynamic discussions, presentations, and group sessions for practical application.
- Explore the impact of poor mental health on individual and business performance.
- Learn strategies to manage mental health at work and improve lifestyle wellbeing.
- Open Q&A to address common mental health diagnoses, causes, and support solutions.
- Max 15 participants per course

£XXXX

## Ready to empower your leaders?

Contact us today to learn more about **Managing Minds** and how it can transform your organisation.



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