



Mind Over Matter

Break the taboo of common mental disorders employees experience to make use of the tools needed to identify the signs and reduce their impact.

WEBINAR
MH401



This workshop will raise awareness of the importance of mental health and speaking openly about its impact to ensure that appropriate support is made available.

Who is this for?

All staff, temporary contractors and associates

How does it work?

Virtual

You will be part of an **informative** session using a variety of **learning tools** to share knowledge and opportunities to **ask questions** with an experienced facilitator. Where appropriate, the use of **polling** and **chat** features may be used to share perspectives.

What's included?

After attending this workshop, you will be able to:

- understand what mental health is and dispel some of the associated myths
- explore common mental disorders impacting lives on a daily basis
- identify the signs indicating a decline in mental health
- outline strategies for improving mental health
- learn the mental health support available in and outside of work.

How is it delivered?

- Virtually (Global)
- 1 hour*
- Limited to 25 participants**

* shorter and longer sessions available upon request.

** larger audiences available upon request.

How do I book?

To discuss your organisation's workshop requirements, please [book a free consultation call](#) or email us at info@amarkaignroup.com.