

Managing Wellbeing & Mental Health for Business Leadership

Duration: 2 ½ Hours

Price: \$3000 + GST



What is covered?

- ✓ What is mental illness?
- ✓ What does anxiety look like in myself and others?
- ✓ What does depression look like in myself and others?
- ✓ What does substance misuse look like in myself and others?
- ✓ What is Positive Psychology? What is PERMA?
- ✓ What is the Science of Wellbeing?
- ✓ Where can I go or send someone who needs intervention?
- ✓ How can I manage stress?
- ✓ What is stigma?
- ✓ Why is early intervention so important?
- ✓ What is an EAP? How can I access?
- ✓ Gut health and mental health link
- ✓ Music and our vagus nerve
- ✓ What's Toxic Masculinity?
- ✓ Measuring ourselves against others
- ✓ Why is shame so damaging?
- ✓ What is the Anger Iceberg?
- ✓ Why Grit is more important than natural ability
- ✓ What is Visible Wellbeing?
- ✓ Character Strengths explained
- ✓ Adolescent mental health
- ✓ Growth Mindset and its benefits
- ✓ What is negative bias?
- ✓ Why is social media a bad idea?!
- ✓ What is gratitude practice? Why is it important for wellbeing?
- ✓ Good websites & telephone support