



ELITE MENTAL HEALTH WORKPLACE WELL-BEING

Course Overview

This is the highest level of understanding of specific mental health factors in the workplace and an ideal course to follow MHFA 2 day course. Learn how to be more aware of workplace mental health triggers and solutions, develop an understanding of various well-being strategies whilst creating your own toolkit of bespoke strategies, and learn how to effectively implement a workplace mental health and well-being programme that engages and empowers employees.

Format and Pricing: *One Day £150*

Trainer Profile

Over the past 30 years, Ross McWilliam has worked in over 1,000 schools and businesses. Through his work in the field of mindsets, he has changed the lives of one million children, young adults and professionals. Ross has demonstrated an unrivalled record of engagement, education and empowerment and has been described by leading international psychology professor Barry Hymer as 'a classic growth mindset.'

Ross has written for various journals such as Times Educational Supplement, SecEd, Head Teacher Update, Meetings & Incentive Travel and Lancashire Business View. Ross is also a published children's author, more information can be found at: www.cuppajourney.com

"Enthusiastic, enthralling, and entertaining, Ross McWilliam is an inspiring individual. I've known Ross for many years, and much as I have to do on a daily basis at Network ITN News, he engages the audience. Ross clearly has a love for learning and is also passionate to share that knowledge."

- Richard Frediani, Senior News Editor ITV News



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