

## Mental Health & Wellbeing at Work: HR Professionals

Mental health awareness training for HR professionals is essential due to the increasing expectation for them to play an advisory and supportive role in this area, despite not being formally trained in mental health. The aim of this workshop is to equip HR professionals with the knowledge and skills necessary to effectively support the organisation and its employees. By receiving training, HR professionals will gain a deeper understanding of mental health issues, enabling them to recognise early warning signs and provide appropriate support. This training will also help HR professionals develop effective strategies for promoting mental health and wellbeing in the workplace, leading to increased employee satisfaction, productivity, and overall organizational success. By addressing these topics, the workshop aims to equip HR professionals with the knowledge and skills necessary to effectively support employees' mental health while also taking care of their own well-being.

### Topics include:

- Mental health and resilience
- Burnout recovery and prevention
- Setting healthy boundaries
- Navigating change and uncertainty

### Programmes aim to enable individuals to:

- Embrace wellness: empowering them to lead a more fulfilling life.
- Build resilience: Gain confidence and resilience to face life's challenges head-on.
- Mindful living: embrace a calmer, healthier way of living.
- Stress management: Learn powerful coping strategies to deal with stress & anxiety.
- Break the stigma: reduce the stigma surrounding mental health.

### Who Should Attend:

- Human Resources Managers and Professionals
- Supervisors and Team Leaders
- Organisational Change Agents
- Anyone Interested in Workplace Mental Health

More Info:  [info@globalbusiness.co.za](mailto:info@globalbusiness.co.za)

All courses are subject to minimum delegate numbers

Qualifying Small Enterprise  
Level 2 B-BBEE Contributor  
53% Black Owned

More than 51% Black Women Owned