

## MANAGING WELLBEING

The content of this workshop includes understanding mental health and mental illness and how to have conversations with staff about associated workplace behaviours. Develop an understanding of the term “mental health”, obligations of managers and leaders (not only to the individual but also the team and organisation) and refinement of practical skills in how to discuss mental health in a work context from a performance point of view.

### Content

- What is meant by the term ‘mental health’.
- Types of mental health conditions commonly presented at work.
- Having conversations about mental health.
- Managing performance concerns.
- Understanding stress.
- Individual/team/organisational strategies to reduce stress and build resilience.
- Managing performance concerns.

### Outcomes

- Understand the common experience of mental health concerns.
- Understand organisational/managerial obligations in managing mental health.
- Have a framework to discuss mental health concerns.
- Feel confident in running a meeting to discuss mental health concerns.
- Develop an individual action plan to manage stress.

### Who Should Attend

This course is ideal for anyone who is currently in a management or supervisory role.

### Benefits to You and Your Organisation

- Early intervention where mental health impacts performance.
- Skills building for managers.
- Improvements in team cohesion & communication.
- Increase psychological wellbeing in the workplace which increases productivity and decreases absenteeism.
- Provides employees with wellbeing tools that help meet duty of care obligations under WH&S policies.
- Return on investment in mental health initiatives in organisations has been estimated to be \$2.30 for every \$1 invested.

### Competency Framework

First Line Manager Common (AS03-AS05)  
Middle Manager Core (AS06-AS08)

### Facilitator

Samantha Young

### Contact

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08 8212 7555

### Duration

1 half day  
9:00am-12:30pm  
8:45am registration

### Dates & Bookings

[Please refer here](#)

### Location

Level 6, 12 Pirie Street  
Adelaide SA 5000

### Inclusions

Workbook, morning tea and refreshments

### Costs

Professional Members \$260  
State Gov Members \$295  
Corporate Members \$305  
Non-Member \$325