

Mental Wellbeing @ Work-What managers need to know



***No public courses are promulgated for 2025, but the course is now available for in-house sessions – minimum charge for 10 participants.
Please contact us to arrange.**

Managers and workers both have roles to play in building safe work environments – one that will not create or exacerbate mental illness and ones in which workers are properly supported” *Australian Human Rights Commission*

LEARN PRACTICAL SKILLS

Up to 1 in 5 employees may experience a mental health issue at any time. This practical and interactive 4.5-hour course equips managers, supervisors, WHS, and HR professionals with the knowledge and tools to recognize, support, and manage employees experiencing mental health challenges while meeting legal and workplace obligations.

KEY LEARNING OUTCOMES

- ✓ Understanding mental health
- ✓ Identify psychosocial hazards & workplace risks that may contribute to poor mental health
- ✓ Confidently supporting employees - recognise “red flags” and initiate supportive conversations, apply early intervention and performance management strategies
- ✓ Meeting legal responsibilities – duty of care, employer rights/obligations, implement reasonable adjustments and manage return to work processes
- ✓ Practical tools & support - strategies for managing employees with capacity or performance concerns
- ✓ Available support services for managers and staff

MEET YOUR TRAINER

National and State LiFE Award winner Wendy French brings unparalleled expertise to mental health and suicide prevention training. As a Principal Master Instructor, she has delivered Mental Health, Suicide Prevention, and Suicide Bereavement training across Australia, and is a sought after speaker at national and international conferences.

Wendy combines extensive experience in the mental health field, with real-world leadership experience and a strong management background, having held leadership roles with five International Fortune 500 companies at local, regional, state, and national levels. Her career spans diverse industries, including military, recruitment, maintenance chemicals, publishing, sales and marketing, government, and NGOs.

WHAT OTHERS SAY

“One of the best workplace trainers I’ve met in 30 years. So easy to learn from”

“Really worthwhile course for anyone who supervises people. Wendy’s vast management experience along with her knowledge of mental health made the training relevant and very useful”

\$210.00 (+gst) per person

****Minimum charge for 10 – Discount for 16 -24 participants***

For all enquiries Email: wendy@talkingabout.net.au

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