

Your Mental Health in the Workplace

Mental Health and Positive Psychology in the Workplace

30-minute Webinar \$39

This course, delivered by our facilitator certified in Mental Health First Aid, provides your employees with a primer on mental health and an understanding of how they may be able to manage their challenges through different strategies.

Delivered by webinar, this session uses tools to encourage engagement, while also respecting each individual's confidentiality.

Session 1: Mental Health and Positive Psychology in the Workplace

- General understanding of mental health: What is mental health, how do you get mentally healthy, mental health problems.
- Cognitive processes: Strategies to improve how we internalize and frame experiences.
- Case Study: Example from interview.

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