

UNDERSTANDING MENTAL HEALTH IN THE WORKPLACE LEVEL 2 (RQF) & CHAMPIONING WELLBEING

9TH & 10TH NOVEMBER

9.30 - 4PM

MACCLESFIELD FOOTBALL CLUB

SK11 7SP

£350

Lunch & Refreshments
included

LIMITED PLACES

Louise Gittins

louise@thepossibilitiescoach.co.uk

www.thepossibilitiescoach.co.uk

07771993357



POSSIBILITIES

UNLOCKING POTENTIAL,
DEVELOPING WELLBEING & SUPPORTING POSITIVE CHANGE

UNDERSTANDING MENTAL HEALTH IN THE WORKPLACE LEVEL 2 (RQF) & CHAMPIONING WELLBEING

Day 1: Understanding Mental Health in the Workplace

*Increasing **understanding** of common MH conditions*

*Raising **awareness** around MH & wellbeing*

Reducing the stigma

*Promoting **positive mental health** &*

*Providing guidance on **signposting** to professional help.*

A great introduction to Mental Health in the workplace. Promoting increased awareness, education and understanding.

Day 2: Exploring wellbeing for you and your workplace

*Greater understanding of how we interpret **wellbeing***

*Explore the **science** behind wellbeing*

*Discover how to **promote** wellbeing at work*

*Explore the connection with **performance, relationships and engagement.***

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UNDERSTANDING MENTAL HEALTH IN THE WORKPLACE

LEVEL 2 (RQF)

THURSDAY 14TH NOVEMBER

9.30 - 4PM

MACCLESFIELD FOOTBALL CLUB

LIMITED PLACES

£175

includes lunch &
refreshments.

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UNDERSTANDING MENTAL HEALTH IN THE WORKPLACE LEVEL 2 (RQF)

2023 has been a difficult year for the Mental Health (MH) of working people. World Mental Health Day offers a fantastic opportunity to highlight to employees that their wellbeing continues to be a priority.

A 1 day interactive training course focusing on:

- increasing **understanding** of common MH conditions
- raising **awareness** around MH & wellbeing
- **reducing** the stigma
- **promoting** positive mental health &
- providing **guidance** on signposting to professional help.

A great introduction to Mental Health in the workplace. Promoting increased awareness, education and employee wellbeing.

THURSDAY 14th NOVEMBER

9.30 - 4PM

lunch & refreshments

Macclesfield Football Club

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£175.00



WALKING TALL INTO 2024 WELLBEING, FOCUS & SELF BELIEF

21ST NOVEMBER 2023

10AM - 3PM

MACCLESFIELD
FOOTBALL CLUB
SK10 7SP

LIMITED PLACES

£95.00

Includes lunch &
refreshments.

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WALKING TALL INTO 2024 FEEL FOCUSED, ENERGISED & CONFIDENT

Do you dread the start of a New Year? Would you prefer to face it head on with energy and inspiration? Would you like to have a clear focus and intentions for 2024?

We will work together to ensure you go away with:

- an **insight** into your own wellbeing
- an understanding of how you can better support yourself
- clear areas with in your life **to focus** on
- an understanding of your **strengths** & values
- set **goals** and **intentions** for 2024.
- feeling energised and self confident

21ST NOVEMBER 2023

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TEAM LEADERS & MANAGERS WELLBEING & PERFORMANCE FOR 2024

REVIEW, REFLECT & RENEW

TUESDAY 28TH NOVEMBER

9.30 - 4PM

MACCLESFIELD FOOTBALL CLUB

£175

Includes lunch &
refreshments.

LIMITED PLACES

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TEAM LEADERS & MANAGERS

Focus on wellbeing & performance

Do you feel you need time and space to prepare for 2024 for you and your team? How can you ensure you are supporting your wellbeing whilst also supporting that of your team?

Leave with:

- a clear **insight** into what supports **thriving** in the workplace
- an understanding of your own **wellbeing**
- a wellbeing **plan** and **ideas** for your organisation or team
- an **awareness** of your **strengths** and **values**
- wellbeing **intentions** for **2024**

£175

Includes lunch &
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