

Mental Health at Work



Learn what you can do to protect your own mental health and how you could support a co-worker who may be dealing with an episode of mental illness. For a person dealing with a mild to moderate episode of mental illness, most experts recommend that they continue to work with support from their managers and colleagues.

Depression and/or anxiety can seem to come out of nowhere, or can follow a very stressful time. Research shows that one in five people in Canada are likely to have at least one episode in their lifetime, most often between the ages of 18 and 65.

In this live **3.5-hour webinar**, participants will:

- ✓ Understand how mental illness may show up in the workplace and how they can help
- ✓ Encourage behaviours which support psychological health at work; discourage behaviours which reduce psychological health at work
- ✓ Learn more about depression and anxiety disorders
- ✓ Know how to support a person during and after an episode of mental illness
- ✓ Recognize their valuable role as manager, not as a therapist or diagnostician
- ✓ Be able to promote and protect the mental health of employees

For decades Dynamic Learning has been offering well-researched, practical techniques that our clients apply immediately to increase productivity and enhance their working environment. Our customized in-house training programs help you motivate, develop, and focus your people on the issues that matter most to your organization. Our experienced team of highly trained facilitators offer you and your business exceptional insight and opportunities to improve your efficiency.

Book your 15-minute Discovery Call with Eileen Pease to discuss your training needs for 2021. Contact options:

<http://calendly.com/eileenpease>

Phone 902-483-5700

Email epease@dynamiclearning.ca

The session this morning was informative, engaging, interactive and most definitely too short. You provided us with a wealth of knowledge, real life examples, and clear and precise points.

Sharalee Joseph, CPA, Ontario

I found it impressive, and very practical having real examples and situations from day-to-day life.

Daniela Aonigioaiei, CPA, Windsor, ON