



working well

Employer courses

Working Well course outlines and learning objectives.

Course One

Mental Health Awareness in Business Course

3 hours long

Delivered by MHFA Instructors

- Introduction to mental health awareness
- Spectrum of mental health
- An overview of mental illnesses and conditions
- The impact of mental health understanding on business
- Why being mental health aware makes good business sense

Learning outcomes:

- To have a basic understanding of mental health as a spectrum, and a basic knowledge of mental health conditions
- To understand the importance of mental health awareness for businesses

Course Two

Developing a Mental Health Aware Business

2 hours long

Delivered by business owners / MHFA Instructors

- Why being mental health aware makes good business sense
- An overview of workplace wellbeing
- An introduction to mentally healthy workplace policies
- Time to Change workplace pledge
- Healthy Workplace award
- Writing an action plan for next steps

Learning outcomes:

- To understand how to make your business or workplace more mental health aware
- To have a range of tools and ideas to help your workplace focus on wellbeing for employees
- To have a range of tools, industry guidelines, and benchmarks by which to measure how mental health aware your business is
- To take away an action plan that you have created for your own business with short term, mid-term, and long term actions to make your business more mental health aware

1:1 mentoring

Following completion of these courses, you will be offered the opportunity to work with a mentor from Rotary with the experience and skills to support you to make the improvements you identified.

Please contact: John Pearce from Falmouth Rotary Club to discuss how you can access these courses. john.pearce@btinternet.com