

## The Supportive Workplace

### Skills for Managers to Build a Supportive Work Environment that Promotes Mental Well-Being

Gain the knowledge, skills, and confidence you need to create a healthy, supportive, and productive workplace.

Unlike other Mental Health training programs that teach general mental health information, The Supportive Workplace course has been designed specifically for front line managers and supervisors like you, who are dealing every day with employees and the struggles and challenges they face.

If you can help people when they're struggling and feeling their worst, then they'll stay and be fully engaged and productive when they're back at their best.

## What is The Supportive Workplace?

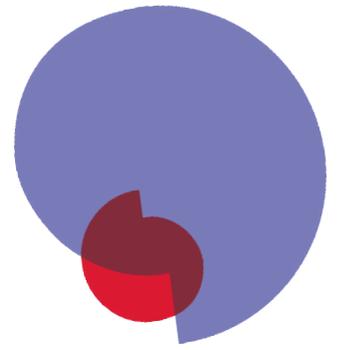
The Supportive Workplace course empowers managers to build a supportive workplace environment that promotes mental well-being. This seven-module online course offers insight, tools, and best practices to recognize and address the signs of low mental well-being in the workplace to effectively promote employee mental health and work productivity. After completing this course, managers should be able to lead an effective conversation on mental health-related issues, identify suitable ways of support if one of their employees is experiencing a mental health problem, practice self-care to meet their own needs, and apply long-term interventions to create a supportive and psychologically safe workplace environment.

## How will The Supportive Workplace benefit me?

Managers like you are the cornerstone of any organizations' mental health efforts. You are on the front lines, leading and interacting with your organization's most important asset - its people.

The Supportive Workplace course will empower you with the knowledge, skills, and confidence you need to build a supportive work environment that promotes and supports the mental well-being of your employees.





## Here's what's inside

What you get when you invest in The Supportive Workplace program:

- 7 learning modules that deliver all the knowledge and skills you'll need to be a more confident and skilled leader capable of supporting employees' mental health and well-being. (7-9 hours to complete at the learner's own pace).
- Interactive activities, videos, scripts, demonstrations, and quizzes to enhance your learning and give you the skills to implement best practices in your workplace.
- A downloadable course workbook containing key concepts from the course and application exercises to enhance your learning.
- Full access to the course for 12 months.

## How The Supportive Workplace is different from other courses

1. **Awareness.** We give you just the right amount of mental health and mental illness information to identify issues when you see them.
2. **Boundaries and guidelines.** We specifically address what your role as a manager is (and isn't) in supporting and addressing employee mental health challenges.
3. **Communications.** We provide scripts and demonstrations on having confident conversations so you'll know exactly what to say and not to say.
4. **Leadership.** We help you become a more effective people leader, giving you the skills and strategies you'll need to create a healthy and supportive work environment.
5. **Professional development.** We provide you with a Supportive Workplace Certificate to add to your portfolio and résumé, demonstrating you're a skilled leader for today's workplace.

Plus, you can be confident that you're learning 'real-world' skills for managers from course content, frameworks, and strategies that have already been implemented and proven to work in workplaces across the country.

**"I wasn't sure about what my role was as a manager - I now know how to intervene in a supportive way while still keeping my boundaries."**