



Workplace  
Mental Health  
Training



## SAVE THE DATE

For this leading-edge management workshop

Addressing Workplace Mental Health:  
Basic Skills for Managers

**Effective management practices play a critical role in employee health, retention and performance.**

*Addressing Workplace Mental Health* equips managers, supervisors, team leads and HR professionals with critical knowledge and appropriate skills to effectively support employees who are struggling at work.

In this 6-hour workshop, participants learn and apply new approaches and techniques that are effective when employees are struggling for any reason, and especially if mental health is part of the picture. Through facilitated discussions and interactive experiences, participants raise their awareness, deepen their understanding and learn how to build collaborative and lasting solutions to performance problems and accommodation situations.

Learning objectives include recognizing possible signs that an employee's mental health is deteriorating, examining psychological health and safety for all employees, practicing effective listening skills to gain insight into employee needs, and applying the Wellness Works approach to help employees find solutions to workplace issues through a collaborative process that actively engages employees.

### SAVE THE DATE!

Wednesday, March 22, 2017  
9:00 am - 4:00 pm  
(coffee available at 8:30)

Location: iHub Palm Springs  
3111 E. Tahquitz Canyon Rd  
Palm Springs, CA 92262

To receive additional  
information on this event:  
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Hosted by Peoplescape  
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California's Mental Health Movement



[WellnessWorksMentalHealth.org](http://WellnessWorksMentalHealth.org)