



Mental Health Essentials for People Leaders



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🕒 0.5 day [half day] 📍 Face-to-face, Live Online 💰 \$ 450

Navigating mental health challenges in the workplace can be complex.

Mental Health Essentials for People Leaders is a half-day intensive program giving you an in-depth understanding of the mental health challenges your employees might face and the skills to provide support.

This training will increase your understanding of mental health, and diminish mental health stigmas on a personal, societal, and organisational level.

Emphasising early recognition and strategic intervention, you'll be equipped with a suite of skills to navigate these challenges to foster a culture of understanding and support.



Discover more at swi.nu/example

Learning outcomes

Upon completion of this course, participants will be able to:

- Gain insight into the prevalence of mental health issues in Australia's working population
- Develop proficiency in initiating supportive conversations and interventions
- Apply strategies to foster a culture of mental well-being within teams
- Understand the balance between leadership responsibilities and accommodating mental health needs

Skills outcomes

Through this course, participants will develop the following skills and knowledge:

- Facilitate mental health conversations
- Promote mental wellbeing
- Positive leadership
- Resilience and work-life balance.

What you can expect

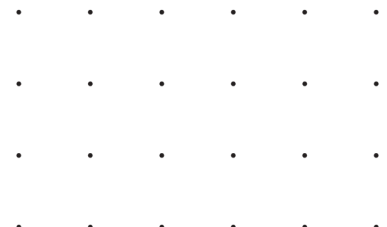
- learn alongside professional peers, enhancing your network
- the immediate knowledge and confidence to implement your new skills.

Pre-course work

There are no pre-requirements for this course.

Who should attend?

This short course is designed for leaders and managers who want to expand their understanding of mental health, effective communication and team management.



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The Swinburne Edge difference

Swinburne Edge is a division of Swinburne University that exclusively services professionals. We offer professional development to people with existing skills and experience, who are ready to up-skill or formalise their skills for their next career stage.


Immerse yourself in a Swinburne Edge short course or qualification to enhance your current knowledge with fast-tracked, practical learning that gets you to your goal faster.

For further information, contact our Continuing Professional Education Advisors on 1800 633 560 or edge@swinburne.edu.au.





Contact us

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