



## Mentally Healthy Workplaces Train the Trainer

Gain skills and tools to deliver training sessions on mentally healthy workplaces in your organisation.

**A mentally healthy workplace is a workplace that protects, responds to and promotes positive mental health for everyone.**

This workshop has been developed for large workplaces.



Are you passionate and enthusiastic about helping others understand and build a mentally healthy workplace?



Do you have facilitation skills and confidence to provide training in your workplace?



Do you have workplace commitment to implement the training?

The Train the Trainer workshop will equip participants with the tools and skills to deliver **'Introduction to Mentally Healthy Workplaces for Organisations'**.

The Train the Trainer workshop is suitable for WHS and HR professionals, Return to Work Coordinators, Educators/Trainers or Wellbeing Coordinators, and anyone passionate about health and wellbeing.



## **Why have an in-house trainer to deliver 'Introduction for Mentally Healthy Workplaces for Organisations'?**



Builds internal capability



Allows flexibility on training delivery



Allows consideration of organisational goals and workplace culture

Participants will be provided with all necessary resource materials to conduct in-house training and will leave the workshop with:

- an understanding of the 'what', 'why' and 'how' of developing a mentally healthy workplace
- tools and skills to train others in mentally healthy workplaces
- the next steps to deliver the workshop in your workplace.

Back at your workplace, this package is ideally suited for delivery to Executive and People Leaders, committees and those in specialist roles (eg., HR, WHS, Wellbeing Champions).

If you are interested in registering for this workshop, please email [mentallyhealthy@rtwsa.com](mailto:mentallyhealthy@rtwsa.com).

Our Mentally Healthy Workplaces Service will provide further details and ensure the training suits your needs.

Visit [www.rtwsa.com](http://www.rtwsa.com) for more information.