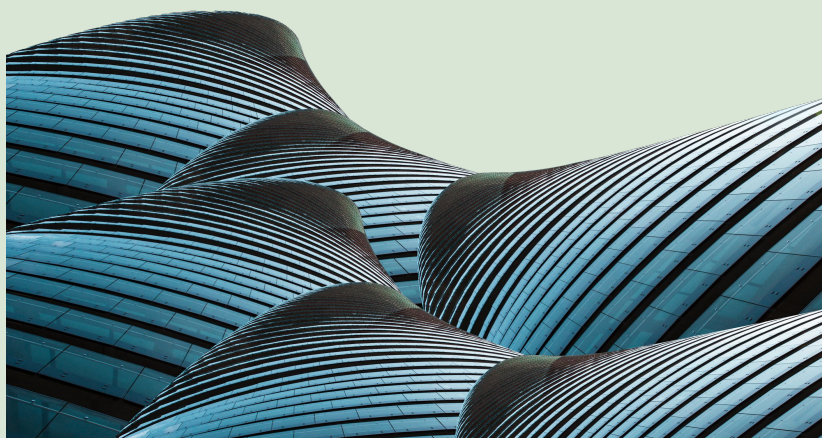


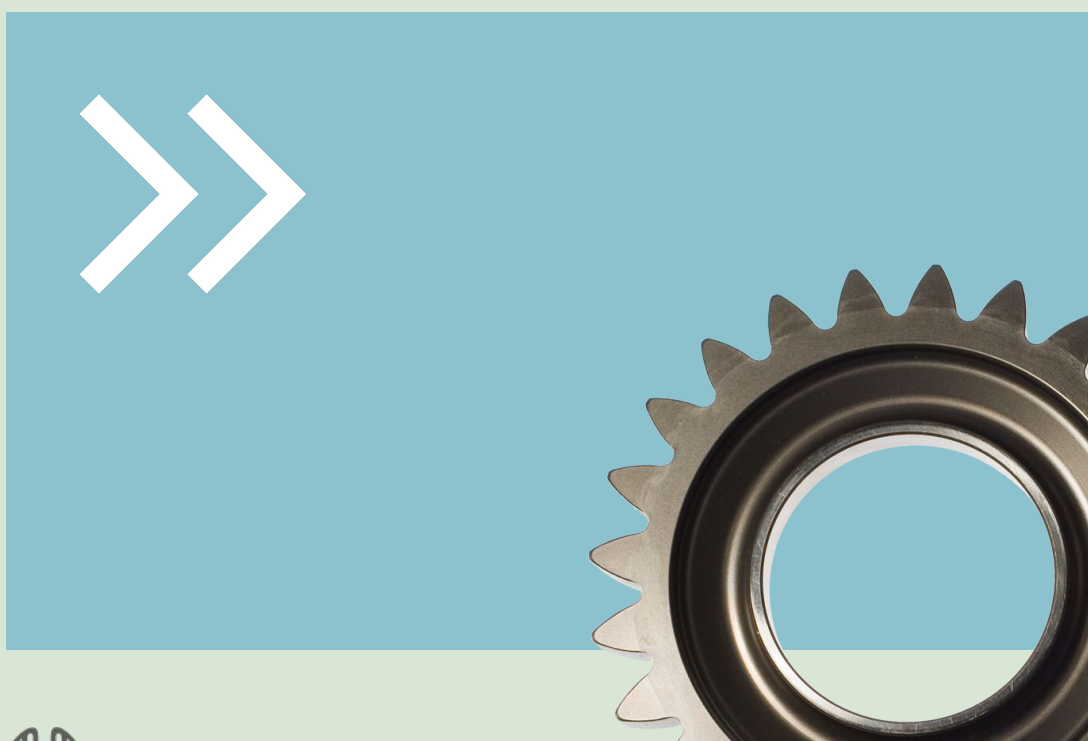
HEDROC TRAINING WORKSHOPS

Workshop Title	Understanding and Promoting Positive Mental Health and Wellbeing in the Workplace
Accreditation	Royal College of Psychiatrists
Workshop code	HD 0021
Format	Online - Interactive Workshop
Trainers	Hedroc Consultants (Clinical Psychologist & accredited i-act Instructor)
Duration	3.5 hours
Target audience	Employees & front-line workers
No of attendees	14



Aims:

- Give participants a greater understanding of mental health and wellbeing issues, and help them recognise when they may need further help and support,
- Provide some practical tools for managing stress, anxiety and low mood, and for promoting positive wellbeing to help build resilience,
- Offer guidance and advice for how we can connect with colleagues who may be experiencing a mental health or wellbeing issue,
- Equip participants with a resource pack, toolkit, and signposting to further help and support concerning mental health and wellbeing issues





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*for positive mental
health and WELLbeing*

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Training



For further information and bookings,
please contact:

info@hedroc.co.uk

For all services relating to managing
employee mental wellbeing, visit:

www.hedroc.co.uk

