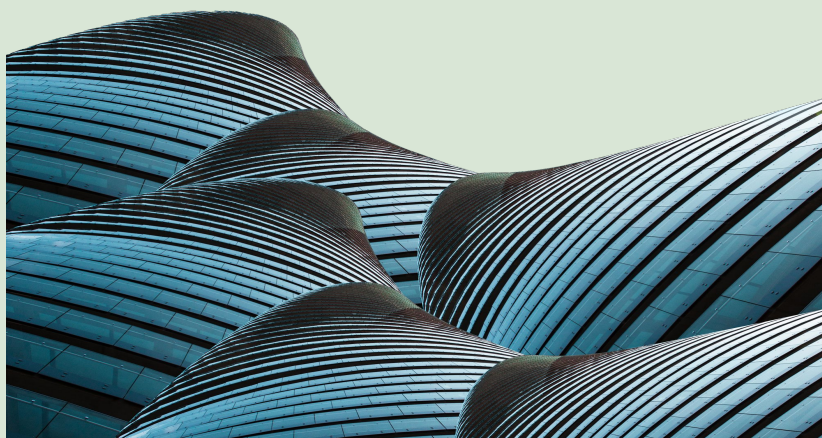


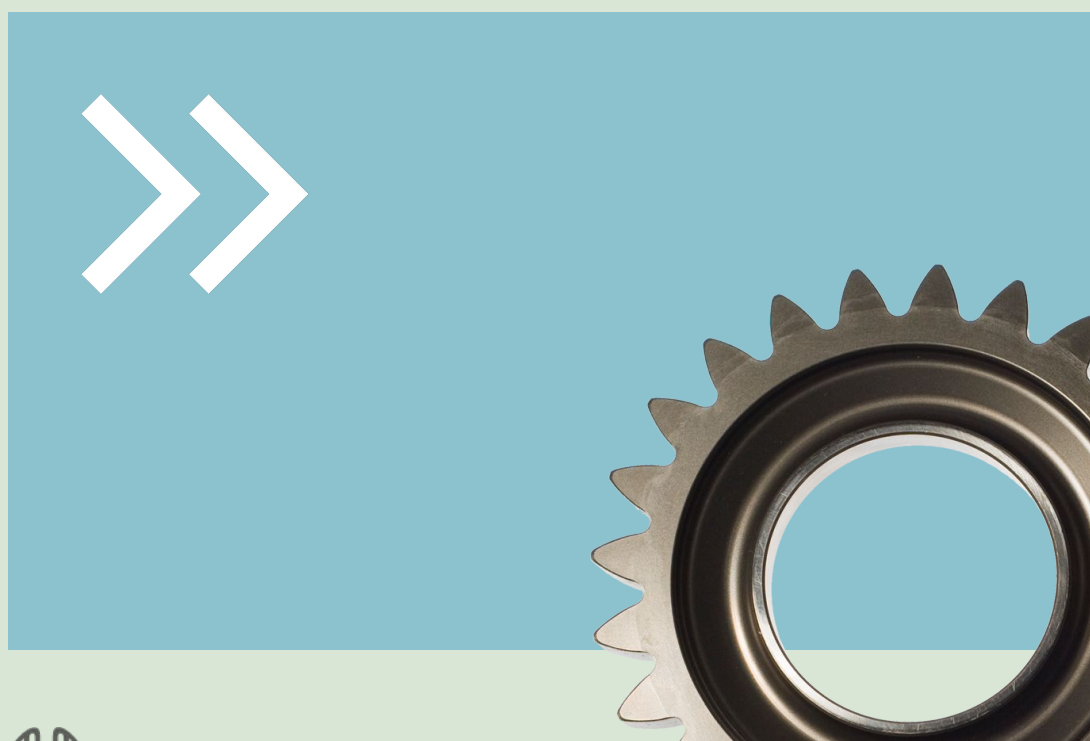
# HEDROC TRAINING WORKSHOPS

Workshop Title	Managing and Promoting Positive Mental Health and WELLbeing in the Workplace
Accreditation	Royal College of Psychiatrists
Workshop code	HD - 0020
Format	Online - Interactive Workshop
Trainers	Hedroc Consultants (Clinical Psychologist and I-Act Approved Trainer)
Duration	3.5 hours
Target audience	People Managers
No of attendees	14



Aims:

- Give managers a greater understanding of mental health and wellbeing issues and help them recognise when colleagues may need further help and support,
- Provide practical tools for promoting positive wellbeing in the workplace to help build resilience for ourselves as managers and for colleagues,
- Offer guidance and advice for how managers can connect with colleagues who may be experiencing a mental health or wellbeing issue,
- Equip managers with practical tools, a resource pack and signposting to further help and support concerning mental health and wellbeing issues.





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health and WELLbeing*

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# Training



For further information and bookings,  
please contact:

[info@hedroc.co.uk](mailto:info@hedroc.co.uk)

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

[www.hedroc.co.uk](http://www.hedroc.co.uk)

