

In this workshop employees discover the keys to well-being, mental health, and stress management. Together, we'll pave the way for a healthier, more productive workplace.

4-hour Workshop

Throughout this training, participants will be provided tools they can implement immediately, in order to enhance their day-to-day well-being, while at the same time accessing more of their potential.

By fostering a culture of well-being, organisations can expect increased employee engagement, productivity, and overall satisfaction, while reducing absenteeism, presenteeism, and turnover, ultimately contributing to a healthier and more vibrant workplace.

Methodologies covered:

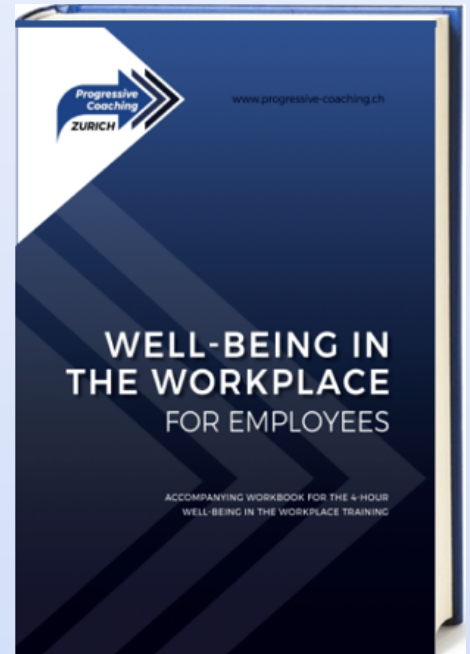
- Separate fact from fiction regarding mental health, well-being, and stress.
- The specific steps employees can take to safeguard their own well-being.
- How employees can recognize signs of declining well-being in themselves, and take action early.
- If one's well-being does decline, and what one has tried isn't working, what are the options for effective and efficient recovery.
- How we can spot signs of potential well-being challenges in our colleagues.
- How to respond to colleagues if we do notice signs, in order to lead them to resources to aid their effective and efficient recovery.

Who we are/why us:

Progressive Coaching, Zurich, is a team of passionate and knowledgeable psychologists and coaches.

We spend our days delivering workshops on the topics of mental health and well-being, communication, and emotional intelligence, to some of the most well-known firms in Switzerland.

Our workshops are extremely engaging; never dry theory. We teach evidence-based skills which enables lay people to strengthen themselves, influence systems, and help others.



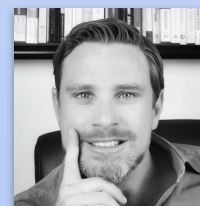
Course

- This is a 4-hour workshop including breaks, and can be adjusted to suit your exact requirements.
- Detailed workbook included

Available in:



Course Instructor:



Travis Simlinger

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4-hour Workshop - Agenda

Can be customized to suit your exact requirement.

The entire session is practical and highly engaging, this we guarantee!

Part 1: Separate important facts from fiction in regards mental health and well-being

- Define our target: What exactly is mental health and well-being?
- Formal definitions and practical model for clarity.
- What is a mental illness? ICD-11 vs DSM-5, statistics, examples.
- Stigma: The vicious cycle; shifting the narrative of “failure” and “weakness.”
- Burnout: Official definition and practical model.
- Burnout: External contributory factors and internal contributory factors.
- Positive stress (eustress) vs Negative stress (chronic stress; distress).
- The effects of chronic stress on mental health and well-being.
- How to recognize what side of the line we are on (monitor our own stress).

Part 2: Tools I can implement immediately to take control of my mental health and well-being

- Ten scientifically-backed tools essential for positive mental health and well-being.
- Psychological tools.
- Physiological tools.
- Lifestyle tools.
- Tools to influence external stressors. Communication skills; setting boundaries.
- Experienced in real time in the workshop.

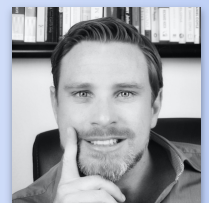
Part 3: How to support others in regard to their mental health and well-being, in a way that doesn't negatively affect my mental health and well-being.

- How to recognize signs of declining mental health in others early.
- When we recognize possible signs, what do we do? What do we say? How?
- Practical conversation framework to talk with a colleague (or friend/family member) who appears to be experiencing declining mental well-being.
- Nuances of how and what to say; specific questions to lead a person to open up.
- What options are available inside and outside the workplace.
- Benefits of the Employee Assistance Program (EAP) and de-stigmatizing.
- How to lead a colleague to effective and efficient recovery without becoming an emotional crutch and effecting our own well-being.
- Practice having a conversation about well-being in real time.

Further Resources

- Template: “Action steps I choose to take to best manage my well-being”.
- Template: Life balance measure and adjust.
- Detailed Workbook included.
- All questions answered (there are normally lots on this topic).

Course Instructor:



Travis Simlinger