

How to support yourself and your team within your sphere of influence

How do you spot signs of mental health challenges in your team?  
What do you say – and how do you say it – when someone is struggling?

How can you support well-being without becoming a psychologist or adding to your own workload?

This workshop gives you clear answers, practical tools, and the strategy that fits your role.

## Course

This workshop will be adjusted to suit your exact requirements.

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All skills are demonstrated and then experienced. We embrace a "learning by doing" philosophy in all our Leadership, Communication and EQ modules.

## 4-Hour Workshop – What you will learn and experience:

- Understanding mental health: facts vs fiction
- Stigma: Shifting the narrative company wide
- Understanding the Burnout cycle, depression, anxiety, stress
- Sustainable Positive Stress vs Chronic Stress
- How to avoid Burning out – supporting self and others
- How to take care of our own mental health with science-backed tools
- Recognizing early signs that someone may be struggling
- How to respond: what to say, when to say it, what to do next
- Mental Health conversations practice
- What resources are available and how to lead employees to them without appearing judgmental
- The number 1 factor necessary for a healthy work culture according to the research, and how to achieve this in your company – action plan provided

Trusted by 100+ top companies, including:



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 Leadership, Mental Health, 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 individuals to strengthen themselves, influence systems, and help others.



**Course Instructor:**

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