

Mental Fitness for Leaders

In today's world, the concept of physical fitness is well known. It is a state of general good health and wellbeing, that allows a person to perform specific tasks (such as sports or work tasks), whilst also helping to protect a person against developing/managing health conditions (such as diabetes or certain heart conditions). We are also aware that it is an activity; one that needs to be invested in every day (for example, with diet and exercise), rather than something that can ever be considered 'ticked off'.

Mental fitness is very similar to physical fitness. When we are mentally fit, we flourish. We are able to meet the challenges of daily life, manage our stress in helpful ways, and feel confident in our ability to navigate our world. True mental fitness also requires daily investment, just like physical fitness. Mental fitness means more than just an absence of a mental illness; it is about going "from good, to great".



PROGRAMME CONTENT

Mental Fitness for Leaders is an online interactive 1.5 hour workshop that educates and upskills Leaders to:

- Comprehensively understand the mental fitness continuum ("the roadmap")
- Be able to clearly identify where they, their peers and their teams are located on the roadmap
- Increase their genuinely helpful responses to mental fitness across each section of the roadmap
- Have a greater awareness of internal and external support options, and be more confident in pro-actively using them.

LEARNING OUTCOMES

Leaders will take away:

- A highly enhanced understanding of mental fitness, and how to recognise where individuals and teams may be situated along the mental fitness roadmap
- An enhanced awareness of how to pro-actively offer support, relative to the individual/team location on the roadmap
- A "call to action", with further learnings and activities to continue their study post this session.

This content can be tailored to meet the workplace culture, environment and challenges faced by your Leaders.

Delivery Methods:



Online: 1.5 hours online facilitated programme via video conference. A minimum of 6 and maximum of 12 participants.

For more information

Contact: +61 2 7228 7914

Email: healthwellbeing@hseglobal.com.au



Making a Difference Every Day