



Mental Health Awareness Training Complimentary 'Taster' Session

Group Income Protection clients of Generali UK can access a complimentary Mental Health Awareness training session, facilitated by one of our trusted Wellbeing partners, focusing specifically on employee Mental Health.

Popular examples of complimentary taster sessions can include a 2 - 2½ hour facilitated virtual or in person workshop for up to 12 people, presented by Mental Health at Work; or two sessions of webinar training, for up to 15 employees per session, presented by LifeWorks. The sessions are typically offered to line managers.

Mental Health at Work - Virtual Workshops

Experts in workplace mental health; improving working lives by changing attitudes and behaviours around mental health, through tailored, facilitated workshops, which enable natural conversations as an integral part of business as usual.

These customised, facilitated virtual workshops will support your organisation to build capability around the mental health agenda through increasing awareness, discussing appropriate language and challenging myths and assumptions to address some of the key current issues facing the changing working landscape around mental health.

A typical 2 hour (90 minutes + 30 mins Q&A) virtual taster workshop for up to 12 people, would be tailored to meet organisational needs and could cover one of the following:

Understanding Situational Anxiety

This workshop is suitable for all employees and explores the impact of changing and challenging circumstances on our mental health and what this means for the workplace

- Understand Situational Anxiety and why we experience it
- Consider in the context of the mental health continuum
- Consider threat bias and workplace culture
- Understand how the workplace can support

Loneliness & Isolation

This workshop is suitable for all employees and explores what loneliness is, how this can impact our wellbeing and how the workplace can be supportive

- Understanding the language around loneliness
- Loneliness and the wellbeing agenda at work
- Embed principles of noticing and acting
- Consider effects of social belonging and work



Wellness Action Plan (WAP)

This workshop is suitable for HR and Leaders and explores how a Wellness Action Plan, an evidence-based system for managing employees with or without mental health conditions, could work in your organisation to support good mental health

- Understand the evolution and purpose of WAPs
- Consider the benefit to both employee's with or without mental health and employer
- The value of conversational skills and applying to WAPs
- Their application within your place of work

This programme can be further supported through workshops for line managers which develop the skills needed to manage mental health within their role, the practical application and a guide to how and when to signpost. This is flexibly constructed to meet the needs of any organisation irrespective of size, industry or workplace setting. If you have a specific need for a Taster workshop that this not covered above then the team at Mental Health at Work would be happy to discuss alternatives.

LifeWorks - Webinar Training Solutions

LifeWorks offer two 1 hour interactive taster Mental Health Training Sessions delivered by **webinar**, to a group of up to 15 employees - usually line managers - as part of a range of wellness programmes.

The content for the complimentary Stress Management session can include the following:

- Recognise the nature of stress and its impact
- Identify coping strategies and techniques
- Consider ways of building personal resilience
- Understand support mechanisms

Other topics and details of other service providers and services, including free mental health webinars, are available on-request. The complimentary taster sessions can usually be tailored to suit an audience of either line managers or employees. Interested in finding out more? contact Generali eb.enquiries@generali.co.uk