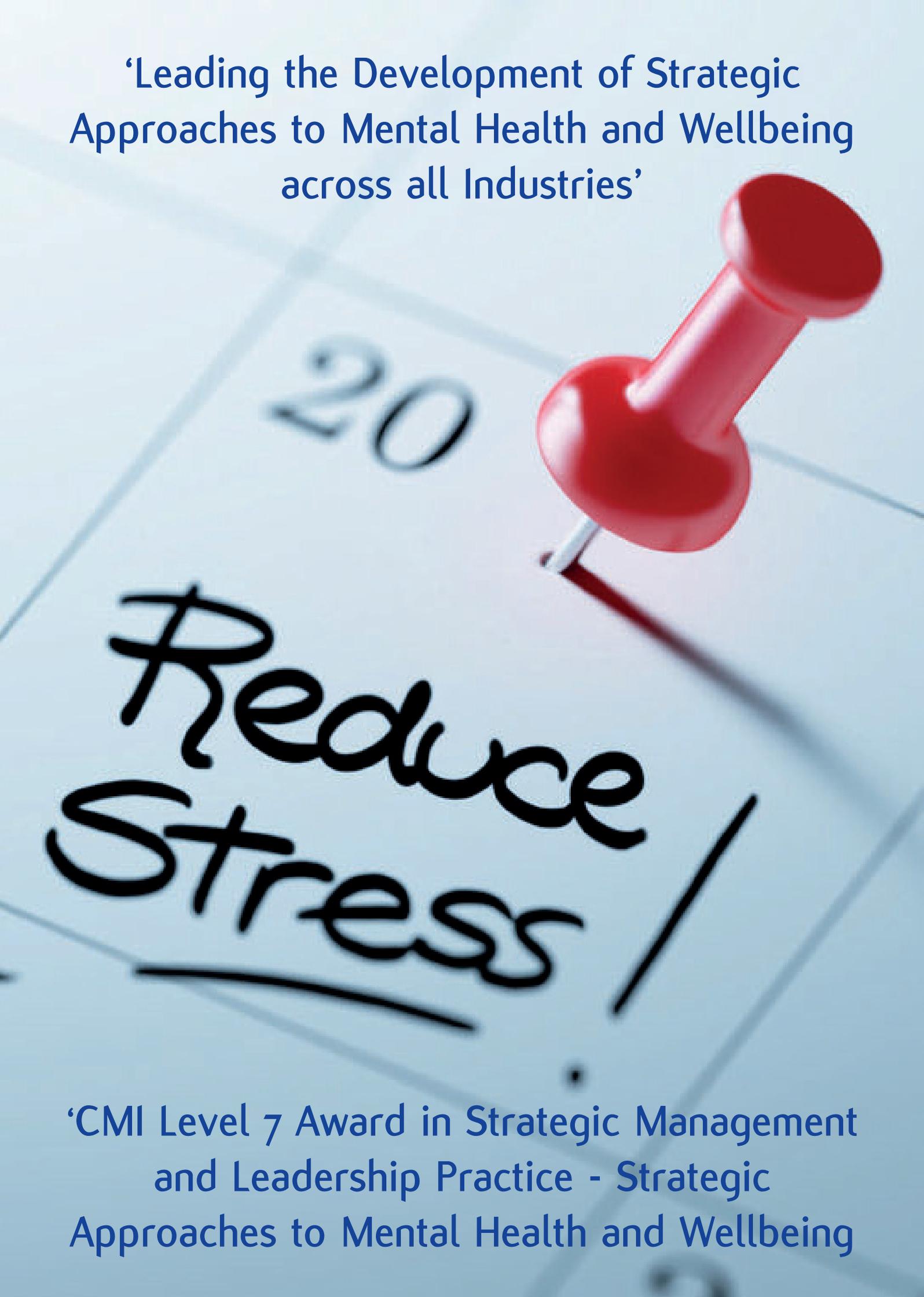


‘Leading the Development of Strategic Approaches to Mental Health and Wellbeing across all Industries’

A red pushpin is pinned to a piece of paper. The paper has the handwritten text "Reduce Stress!" in a bold, black, cursive font. Above the text, the number "20" is written in a similar cursive font. The background is a light blue, slightly blurred surface.

20
Reduce Stress!

‘CMI Level 7 Award in Strategic Management and Leadership Practice - Strategic Approaches to Mental Health and Wellbeing

Introduction

When you look at the evidence it is startling... from the report by the BMA – “The impact of COVID-19 on mental health in England” – Key Findings!!

1. Social isolation can have a negative effect on mental wellbeing
2. An economic downturn risks mental health
3. Experiences of living through the pandemic could cause or worsen a mental illness
4. There are concerns about the impact on specific populations
5. Some NHS and other frontline workers may need additional mental health care and support

Its amazing how many organisations don't have the correct strategies in place to combat the impact of mental health on their workforces...so to counter this we have launched this new developmental programme to help professionals working in mental health and wellbeing arena to formalise their skills in this area so that we can give better support to our people.

Why you need to undertake this Programme:

Strategies for mental health and wellbeing are a priority for all organisations seeking to improve their productivity, capability, reputation and quality of outcomes.

Prioritising mental health and wellbeing in the workplace is rapidly gaining traction through political and social campaigning.

People are challenging the ‘always-on’ 24/7 culture, and the term ‘work-life’ balance is emerging as a requirement, rather than an aspiration.

The aim of this programme is for you to understand the impact of mental health and wellbeing on organisational performance.

You will critically assess the complexities of managing wellbeing and will appraise contemporary approaches for the creation of healthy work systems.

The programme culminates in you being given the opportunity to propose a series of recommendations to create and sustain a positive culture across organisations

Who is this course for?

This course is aimed at anyone who has to manage / or would like to manage the mental health and wellbeing strategy for their organisation.

For those wanting a new career direction

It is a great opportunity for those that want to develop a career in the sector to become qualified before applying for a role



Programme outline

By undertaking this programme, it will formalise that skills set...

In completing this qualification, you will understand the impact of mental health and wellbeing on organisational performance.

You will critically assess the complexities of managing wellbeing and will appraise contemporary approaches for the creation of healthy work systems.

Finally, you will be given the opportunity to propose a series of recommendations to create and sustain a positive culture of mental health and wellbeing within an organisation.

Programme delivery options

The programme is delivered as a 3-day residential programme in the Lakes or online over 3 days.

Programme content

Session 1

Understanding the benefits to organisations of positive mental health and wellbeing at work.

You will consider the impact of a strategic focus on positive mental health and wellbeing at work including economic, corporate and social aspects. The session will include how to recognise a “well” employee and the early signs of mental health and wellbeing concerns.

Session 2

Understanding how to manage mental health and wellbeing including the importance of noticing and managing fluctuations in employees’ health.

The importance of Health Needs Assessments, supervision and appraisal, honest conversations and legal safeguards will be considered.

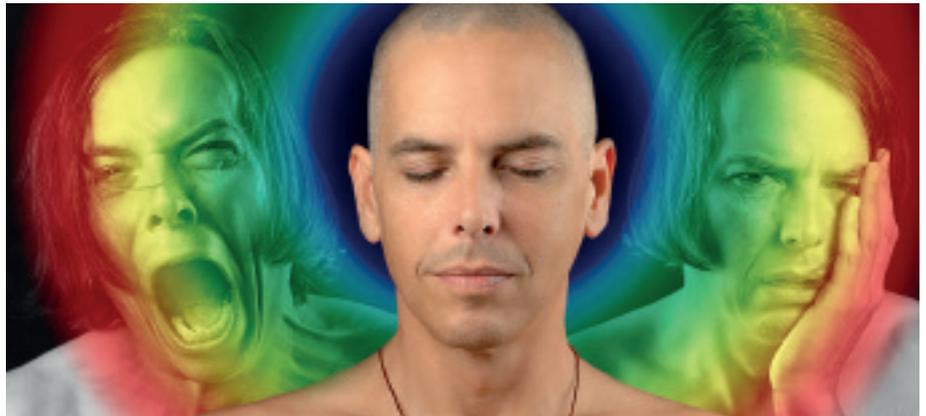
The complexities of managing mental health and wellbeing to avoid social stigma, discrimination, stereotyping etc.

Session 3

A review of approaches for developing healthy work systems. Consideration of a mental health commitment, useful models and frameworks to follow, fair and decent work, good practice and case studies.

Session 4

How to build a business case for a strategy to promote mental health and wellbeing. Focusing on how to align strategies, policy development, support networks and the relationship with organisation and legal frameworks.



Session 5

How to sustain a culture of mental health and wellbeing at work. Reviewing the impact of leadership styles, the impact of organisational structures and communication pathways as well as understanding how cultures are embedded.

Session 6

Reviewing the strategic approach identified and understanding how it can be used to achieve the CMI certificate.

Group size

This programme is limited to 15 delegates

Programme dates – F2F

3-day residential programmes in the Lake District, Keswick, Cumbria

Programme one

1100 on the 21st March 2022 to – 1600 on the 23rd March 2022

Programme two

1100 on the 19th September 2022 to – 1600 on the 21st September 2022

Online dates

25th April 2022; 9th May 2022; 23rd May 2022

All days will run from 0930 – 1600

Programme cost

F2F

The programme cost, including programme delivery, experiential learning and all residential costs is £2195 + VAT per delegate.

Online

£1895 + VAT

For delegates who are self-funding it is possible to set up an interest free 9 month payment plan by direct debit

Next steps

If you want to enrol on the course or have any queries then please call us on 0845 094 0587 or fill in a registration form online or email us at info@resultsdrivengroup.co.uk



Open residential courses in the Lake District with Results Driven Group

What makes the results driven experience different from any other residential course?

Firstly we will start with the location...

The northern Lake District around Keswick and Derwent Water is arguably one of the most beautiful areas in the UK, it does not matter which time of year you are there, the panorama is always changing and the views are always stunning...



Secondly we use nature as a metaphor for learning...

We believe that you think and work differently according to the environment you are exposed to and work in, we use all of the elements of nature to enhance the learning experience and take you out on each day of the programme to experience learning outdoors...☺

“All of the activities we use are safe and are tailored to the capabilities of each group”

Earth – the landscape around us, the Mountains, Valleys and different vistas according to the seasons

Air – the different forces that the wind can create and the effect on the landscape that it has is awe inspiring!!

Fire – the strength of the sun and difference it can make to a view or an experience or how you feel allows you to reflect and look at things from different perspectives

Water – the lakes and the rain, the background vistas that you can embrace in the different seasons make this a stunning place to learn

Client testimonial

Fantastic way to learn and improve your skills. Environment unbelievable, enthusiastic trainer and the chance to meet an interesting group of people to exchange views and theories.

Debbie Frisker



Thirdly, the delegate experience is completely different...

Normally on a residential course you would just turn up at 0930 in the morning and then go home at 1600 back to your Hotel, as part of the programme we spend time learning together, undertaking activities together, eating together and most of all having FUN, one delegate recently described this as Homeliness, and that he has never come across this type of experience before on a training course...

Client testimonial

A fast moving inspirational course which utilises a range of teaching methods in beautiful surroundings...

Lisa Aitken

And finally the networking aspect...

This is something you can never recreate on a closed course programme, when you mix up clients who come from the public, private and third sectors, who have had completely different life experiences, different perspectives of how things work and job roles – then anything can happen!!, it is usually pretty special and we have seen long lasting friendships developed over the time that they spend with us in the Lakes...

Your accommodation whilst in Keswick...

We have 3 beautiful Houses in Keswick where you will stay whilst on your residential course in the Lakes, you will have your own bedroom and you will be fully catered for as well over the period of your stay...

If you would like to see the properties, then please visit; www.newlandshousekeswick.co.uk for further information

Hopefully this will give you an insight to why the results driven learning experience is different...

Regards

Chris Goodwin – MD – Results Driven Group