

# Mental Health Awareness Programme—Workplace Leaders

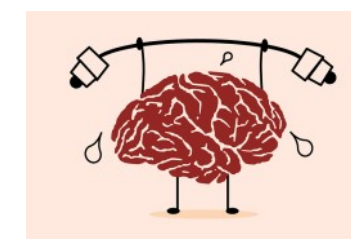
*Recognising advanced commitment to  
mental health and wellbeing support from  
managers*

## About the Programme

A Programme studied over a year to study factors affecting the leadership and ethos required for having a mental health and wellbeing friendly environment. This Programme includes taught content, relevant to their situation and self-researched modules. The course is designed for current and potential managers and leaders within an organisation.

## About the provider

The Root Of It are multi-award winning mental health inclusion experts, covering the whole UK. Founded by behaviour expert Richard Daniel Curtis in 2013, they have provided training and consultancy to employers across the country. They also run the award-winning training provider Mentoring School, which delivers mentoring qualifications in workplaces. They also run the Mental Health and Well-being Awards.



MORE INFO

For more information contact:

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Mental Health Awareness  
PROGRAMME

the **root**  
of it

## WHAT IS IT

The **Mental Health Awareness Programme—Workplace Leaders** is a year-long Programme designed to recognise those with the greatest influence over policy and practice in workplaces.

Suitable for team leaders and managers.

Delivered in a group, the Programme covers topics affecting the leadership of mental health and wellbeing. Sessions encourage the sharing of good practice, plus the development of new knowledge.

Participants study core modules with a facilitator, deliver a short session and self-study an additional three modules, allowing them to ensure the learning is most suitable for their situation. The Programme is assessed through a portfolio submission, marked by the facilitator in order to gain the accreditation.

## BENEFITS

- Improved knowledge, skills or behaviours
- Consistency amongst teams
- Address concerns
- Increased engagement and satisfaction
- Reduced turnover
- Elevated retention
- Evidence of good practice
- Address wellbeing in new ways
- Accreditation

## COMMITMENT

### In-person

4 x full days across a year, plus four group-led support sessions.

### Online

12 x monthly 90 minute workshops.

### Additional commitment

Between sessions there are reflective activities. In addition leaders self-study three units.

### Assessment

Activities and self-study contribute towards a final portfolio submitted within the 12 months.

## HOW IT IS DELIVERED

The Programme can be delivered online or in-person for local cohorts.

The Root Of It also work with selected local partners on a Train the Trainer basis.

## HOW IS IT ASSESSED

The Programme is assessed through a four-part portfolio:

- Reflection of the learning for themselves
- Reflection of applying the learning in the workplace
- Further reading or research they have undertaken
- Log of activities

## PROGRAMME CONTENTS

### Facilitated sessions:

Leadership in mental health  
Values and beliefs  
Exploring reactions & unconscious bias  
Emotional intelligence & reflective practice  
Managing people's behaviour at work  
Mental Health Difficulties  
Workplace wellbeing

### Self-studied units, choose three of the following:

Support for staff  
Staff engagement  
Disabilities and medical conditions  
Mental health difficulties  
Mindset  
Ethos  
Staff wellbeing

