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for positive mental health and WELLbeing

Working from home?

Why not complete the i-act (for positive mental health and wellbeing) training? Take part in the 3.5-hour instructor led live online i-act training!

Receive the hard-copy evidence-based 168-page i-act course manual, toolkit and resource pack (delivered directly to your home address).

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Managing and Promoting Positive Mental Health and WELLbeing in the Workplace

i-act - The Essential Course for **ALL** Managers

- The i-act course for managers is aimed at supporting managers to improve workplace wellbeing and helping them to support employees who may experience a mental health or wellbeing issue.
- The course comes with a 168-page evidence-based course manual, toolkit and resource pack (pictured left) for each manager.
- The manual includes over 50 practical tools to support managers and over 95 agencies/ organisations to refer on to.
- The evidence-based i-act course manual cites over 225 reputable references, researched by leading academics in the field.
- The course highlights what managers need to know about managing mental health in the workplace (for example, regarding legislation and The Health and Safety Executive).
- The course comes with free access to all of the on-line i-act resources.

Course objectives - the i-act course for managers aims to:

- give managers a greater understanding of mental health and wellbeing issues and help them recognise when colleagues may need further help and support,
- provide practical tools for promoting positive wellbeing in the workplace to help build resilience for ourselves as managers and for colleagues,
- offer guidance and advice for how managers can connect with colleagues who may be experiencing a mental health or wellbeing issue,
- equip managers with practical tools, a resource pack and signposting to further help and support concerning mental health and wellbeing issues.

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"The i-act training has enabled me to promote positive mental health and wellbeing within the workplace. I'm now doing less 'firefighting' and now feel much more confident when supporting colleagues. The manual is an amazing resource - every manager should have one."

Your registration/certification as an i-act (for positive mental health and wellbeing) manager/ practitioner lasts for three years, as does your access to the online i-act resources.

Our team of expert accredited i-act instructors are waiting to welcome you to this online training.

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Lisa Van Os, at Newport Mind, is an approved and accredited instructor of online i-act training

Contact Lisa today to book your i-act training

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