



“Good mental health creates great business wealth”



Event Promotion – Managing wellbeing Workshop

Event Name: Mental wellbeing workshop

Length: Approx. 4 hours

Biography: When deployed to Afghanistan with the RAF in 2011 Pete witnessed things that would change his life forever. He developed severe depression and post-traumatic stress disorder that eventually saw his world crumble down around him. Through extensive therapy, support from his family and a ridiculous amount of personal development Pete was able to drag his way back and despite still having PTSD, Pete lives a happy and healthy life. He now speaks all over the world, using his experiences and lessons learnt to ensure that nobody ever needs to suffer alone and people are able to get the help they deserve and need.

Outline: This workshop is designed to help organisation managers & leaders to better understand mental health & wellbeing, how the organisation can help and the importance of good mental health. It lays the foundations of understanding mental wellbeing and then builds on it including understanding boundaries and employer responsibilities.

Topics Covered:

- What is mental health?
- How to spot the signs & symptoms
- Mental health at work
- Providing advice and starting a conversation
- Stress
- 6 mental health conditions
- Looking after you

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