

Track 1

Workshops description and learning outcome

1 Kickstart your mental wellbeing journey

Break the stigma on mental health and establish a common operating picture of what mental health is, why it is a taboo topic and how can each individual kick start their mental wellbeing journey.

Learning Outcomes Include:

- Understand mental health through new lenses of mental wellbeing spectrum
- Learn the 4 phases of mental wellbeing journey
- Concrete micro techniques to help you start your own journey

2 Mental Health 101

The focus of this workshop is to help employees develop a culture of care within their teams, where signs of declining mental health are recognised and efficiently addressed.

Learning Outcomes Include:

- Understand the five components of optimal mental health
- Appreciate the importance of mental health modelling and establishing psychological safety
- Recognise the mental, emotional and physical signs of declining mental health
- Initiate empathetic mental health conversations

3 Multigenerational Wellbeing

Today's workforce is a kaleidoscope of five generations, each generation bringing its values, communication styles, work habits, and wellbeing needs to the (often virtual) table. The focus of this workshop is to understand the wellbeing needs of Millennials and Gen Z, as well as Gen X, Baby Boomers and the Silent Generation.

Learning Outcomes Include:

- Understand the strength, limitations and wellbeing needs of different generations
- Manage assumptions about generational differences
- Establish and encouraging generational diversity within teams in a practical way