



Mind Matters

Training

Line Manager Training

- > Provides Managers with the tools and resources to manage and support staff
- > Encourage positive thinking
- > How to discuss sensitive issues with staff
- > Improved awareness of the signs and symptoms of emotional distress
- > Understand what affects your team's mental health
- > Learn strategies to improve your own wellbeing

Stress ⚙ Sleep ⚙ Increase Resilience

What we cover

Mental Health: the facts and myths
Increasing resilience to stress
Promoting positive behaviours

Contact Us

training@letsgethealthy.co.uk
www.letsgethealthy.co.uk
0845 11 22 555

