

# Astutis Mental Health and Workplace Safety

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Learning Method: Online 

## Introduction

The **Astutis Mental Health and Workplace Safety** course is a highly prevalent course that highlights the most critical issues relating to workplace wellbeing. Split into five core modules, the course delivers a comprehensive amount of vital understanding in a half-day training programme.

## Who is the course for?

The course is designed for anyone who supervises or manages teams, including HR professionals and organisational decision-makers influencing a wider staff wellbeing remit. The course is engineered to explain how to approach your workforce's mental well-being from a progressive standpoint, as well as tools to look after yourself.

## Benefits for Learners

- ▶ Expert guidance to understand your mental health.
- ▶ Possess the understanding to successfully help those in need.
- ▶ Have a positive influence in your workplace and embed progressive attitudes towards mental health.
- ▶ Discover what mental health is, covering linear, fluxing and dynamic principles.
- ▶ Gain an understanding of mental health and its relationship with operational excellence, accidents, individual success.
- ▶ Discover what traits to look out for in colleagues and how to respond.
- ▶ Gain skills to pro-actively deliver the benefits of 'good work is good for your mental health' culture.

## Benefits for Employers

- ▶ Reduced presenteeism, fewer sick days and higher levels of production as a result.
- ▶ Enhanced workforce morale which leads to a more connected and vibrant staff base.
- ▶ Reinforced transparency throughout your organisation.
- ▶ Lower chances of workplace incidents and accidents.
- ▶ Become a more attractive workplace for highly sought-after specialists in your field.

## Course Key Facts

### Duration

2-4 hours

### Course Content

Five course modules:

- ▶ **Module 1:** The impact of mental health on health
- ▶ **Module 2:** What is mental health
- ▶ **Module 3:** Supporting struggling workers
- ▶ **Module 4:** Creating a positive culture
- ▶ **Module 5:** Looking after yourself

### Assessment

There is no cumulative assessment, but learners must pass formative learning checks at the end of each module.

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## Benefits of Online Learning

- ▶ Learners are gifted with complete control over their studies, choosing where and when to learn as they desire.
- ▶ With online training, organisations can have complete oversight over the staff's progress with insightful reports analysing their workforce's efforts.
- ▶ Incredible cost-effectiveness when compared to alternative learning methods, especially classroom learning.
- ▶ Engaging, proactive activities heighten learner retention.
- ▶ Astutis Learning Checks strategically located throughout the course ensure learners can only move on when ready.
- ▶ Unlike before, those who work from home can play an active role in the training.

## Features of an Online Course

- ▶ **Learning checks** – built into the course to check your knowledge
- ▶ **Mind map activities** – helps to summarise the main points visually and acts to aid your memory.
- ▶ **Listing activities** - easy to digest information through key points.
- ▶ **Categorising activities** – making it easier for you to recall ideas or process information.
- ▶ **Activity positioning** – Activities are spread throughout the course helping you to embed your learning before moving on to the next section.

