

Business Presentations

- **Understanding and Managing Mental Health in the Workplace** (3 hr)

A workshop for supervisors and managers

In the last few years businesses have become increasingly aware of the profound impact of mental health on productivity, the work environment and the bottom line. There are significant benefits to businesses that invest in creating a mentally healthy workplace and the role of the manager or supervisor is critical.

In this workshop we will identify the benefits of a proactive focus on mental health and how to create a mental health-friendly work environment. We will identify the signs and symptoms of common mental illnesses, causes, treatment options and how to access resources. In addition, supervisors and managers will learn to recognize performance warning signs in employees and how to talk with their employees.

- **How to Promote Wellness on Your Team** (3 hr)

Wellness is essential for being an effective team leader and having an effective team. Teams that recognize the importance of mental health and wellness experience higher productivity and motivation, reduced absenteeism and lower turn-over rates. Participants attending this interactive training will:

1. Gain a better understanding of mental health issues and how they can impact the team
2. Identify ways to create a mental-health friendly work environment
3. Understand the impact of work stress on their employees' minds and bodies
4. Learn ways to reduce stress and burn-out
5. Learn ways to influence morale on their team

- **Promoting Mental Health in the Workplace: A Competitive Advantage** (1 hr)

Health care costs continue to be a serious issue for businesses. While many health issues such as heart disease have evolved to include prevention as a means of containing costs, mental health and wellness remain largely overlooked and misunderstood.

It is estimated that about one-third of those with mental illnesses are employed. And, studies show that about one-quarter of the U.S. workforce (28 million workers age 18-54) experience a mental or substance abuse disorder in a given year. Two of the most prevalent illnesses in the workplace are major depression and social anxiety.

This presentation is an opportunity for businesses to identify mental health issues as they present in the workplace, along with strategies to help your business address these issues and become more productive, cost-effective, and a catalyst for a more worker-friendly environment as the stigma of mental health in the work place is eliminated.

Mental Health-Friendly Workplaces are workplaces that thrive and offer a competitive advantage!!

- **Maintaining Balance in a Rapid Paced World (Managing Stress) (1 hr)**

In today's hectic world, we sometimes find ourselves feeling out of balance, stressed and tired from the many roles and pressures that we juggle in our everyday lives. As a result, our relationships, productivity and overall health and well-being may suffer. While we can't eliminate it completely, we can deal with stress effectively and maintain a healthy balance and connection among the important areas in our lives.

In this interactive workshop, we will identify individual signs of stress and specific stressors, identify the needs of a "whole person", consider how well you were getting these needs met, recognize personal drainers and fillers and review tips for living a balanced life.

- **Beyond Stress: Recognizing Stress, Depression and Anxiety (1 – 1.5 hrs)**

Stress, depression and anxiety are consistently ranked among the top issues facing today's workplace and have significant financial and non-financial impact on both employers and employees. An organizational environment focused on *overall health* and well-being can positively impact both the bottom line and employee satisfaction. However, there remains a great deal of stigma attached to "mental health".

In this workshop, you will learn: How mental health can affect us and our work; recognize signs and symptoms of stress, depression and anxiety; understand mental illness as real, common and treatable; and how to access resources.

- **Managing Conflict (1 hr)**

When you disagree with someone, do you feel anxious or frustrated? Does your stress level rise and you become angry? Or, do you avoid the situation completely? Conflict is unavoidable in any dynamic relationship. But, effectively working through it results in stronger relationships and more creative solutions.

In this workshop you will identify your own conflict management style, effective and ineffective communication techniques, the dos and don'ts of working with seven "difficult types" and techniques to help create win/win situations.

- **Influencing Morale: Bringing Out the Best in People (1 hr)**

Influencing is an important skill in today's environment, in which you must work with so many people to get a job done. Setting high expectations and standards while sprinkling in some fun and recognition is the key to bringing out the best in people!

In this workshop we will identify the basic principles of motivation, tips for creating an environment of energy and enthusiasm, fostering positive attitudes and bringing out the best in others through feedback.

- **Beating the Holiday Blues (1 hr)**

Has the holiday season arrived without you? Although the holidays are supposed to be a time full of joy, good cheer and high hopes for the New Year, many adults experience seasonal "blues".

Inability to measure up to the Norman Rockwell image. Financial stress. Over-commercialization. Not able to be with family (too much family!). Over-eating. No time to prepare. Lost a loved one during the past year. It's not unusual for adults to feel out-of-sync with the holiday crowd.

In this workshop you will identify potential sources of holiday stress, learn the symptoms of Seasonal Affective Disorder (SAD), learn the "holiday bill of rights" and pick up tips to keep your spirits and energy up.

Do special things for others, but take care of yourself too!

- **S.M.A.R.T. Resolutions for the New Year (1 hr)**

Have you ever made a New Year's resolution only to forget what it was by February? Bought a health club membership and used it twice? Vowed to take a class but never requested the course catalogue? End up feeling frustrated? "Resolving" actually has little to do with achieving your goals. Sticking to your resolutions involves commitment, consistency, planning and patience!

In this workshop you will learn the criteria for setting S.M.A.R.T. goals and begin your resolution planning. "If you don't know where you're going, you're never going to get there"!

- **Men Get Depression (1 hr)**

Researchers estimate that at least six million men in the United States suffer from a depressive disorder every year (National Institute of Mental Health). Although these illnesses are highly treatable, many men do not recognize acknowledge or seek help for their depression. Tragically, four times as many men as women die by suicide, often resulting from a depressive disorder.

Men Get Depression, is a half hour video that explores the corrosive effect of depression on the self, relationships and careers through the intimate profiles of real men, including a former NFL Quarterback, a Fortune 500 CEO, an Iraq War veteran, a university professor, a pastor and others.

This workshop involves viewing one of the three age specific videos (18-30, 30-55, 55+) followed by a facilitator lead discussion about the video.

- **Taking Charge of Change (2 parts – Attendance at both sessions is recommend but not required. (Can be offered individually))**

- **Part 1: Organizational Change (1.5 hr)**

Like it or not, change has become a predictable part of doing business. It allows us to remain competitive and adapt to the evolving needs of our markets and customers. The ability to work effectively and cope during change has become part of everyone's job and is critical to success.

Change can be unsettling and uncomfortable, but it can also be stimulating and challenge us to reach new heights. This workshop will focus on understanding the change process, the impact of change on an organization and the predictable dynamics of individuals and organizations during change.

- **Part 2: Personal Resilience (1.5 hr)**

Resilience – a fancy word with an ordinary meaning: the ability to bounce back, adapt to change and deal with setbacks. Ups and downs, good times and bad, are a natural part of life. Even when things go wrong, however you can help yourself bounce back.

This workshop will focus on common traits necessary to successfully navigate the ups and downs of life, the phases of resistance, speeding up our ability to adapt and work effectively during change.