



## MANAGER MENTAL HEALTH TRAINING WITH MINDSET MENTAL HEALTH STRATEGY INC.

### DESCRIPTION:

Many managers feel uncomfortable addressing mental health concerns with their employees, or unsure about what they can do to create a workplace culture that actively supports their team members before any concerns arise. Through a mix of didactic and scenario-based learning, this three-part series will unpack how managers can support the wellbeing of their teams across a spectrum – from early response to mental illness, accommodation, return-to-work, to prevention through proactive strategies for workplace mental health.

### PART 1: MANAGING MENTAL HEALTH AT WORK\*

Learn how to recognize and respond to signs of poor mental health in their employees, providing them with the tools to initiate compassionate, supportive, and solution-focused conversations.

### PART 2: ACCOMMODATION AND RETURN-TO-WORK

Understand accommodation and return-to-work as a legal requirement for supporting mental health-related conditions.

### PART 3: PROACTIVE LEADERSHIP STRATEGIES FOR WORKPLACE MENTAL HEALTH

Delve into selected frameworks that illustrate the link between leadership behaviours and employee mental health and discuss practical strategies for proactively supporting the mental health of their team.

### DELIVERY

This series can be delivered either as three 90-minute sessions (in-person or virtual), or as one full day workshop (in-person; total of 6-hours, which includes two 15-minute breaks and one 1-hour lunch break).

\*Part 1 of the series is also available as a separate offering that can be tailored in length from a 1-hour session to a 3-hour session that includes additional interactive and reflection activities.

Maximum 30 participants per session.

**NOT QUITE THE RIGHT FIT?** Let us know! We are always looking to expand our offerings to meet the unique needs of our clients.

**Contact us for more info!**

[info@mindsetstrategy.ca](mailto:info@mindsetstrategy.ca) | [www.mindsetstrategy.ca](http://www.mindsetstrategy.ca)

## MEET OUR FACILITATORS

**Jordan Friesen**  
**PRESIDENT, O.T. REG. (MB)**

A skilled educator, Jordan can distill complex ideas into actionable insights for a wide range of audiences, from executives to students. He is known for his pragmatic approach, ability to coach and influence leaders, and drive to help companies meaningfully move the needle on mental health in their workplace. Grounded in his own lived experience of illness and recovery, he takes a person-centred approach to making workplaces healthier and, ultimately, more human again.



**Anna McGregor**  
**ASSOCIATE CONSULTANT, O.T. REG. (MB)**

A life-long learner herself, Anna enjoys delivering intricate information using clear and accessible messaging and is passionate about being a knowledgeable support to others as they seek learning, growth, or change. Her clients would say that she is warm and open and ensures they feel welcome and heard throughout their engagement.



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