



# MENTAL WELL-BEING AT WORKPLACE

This course equips employees and leaders with practical skills to foster a mentally healthy workplace. Using MOM's six-step Playbook, participants learn to spot distress, promote psychological safety, and design tailored well-being initiatives for their teams

## COURSE DETAILS

 4 hrs

 S\$120/pax

 Minimum 10 to maximum 30 learners

 Available in Physical and Online Format



**JOIN NOW**



**Contact Details**

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## LEARNING OUTCOMES

By the end of this course, learners will be able to:

- Understand the fundamental concepts of mental well-being and its significance in the workplace
- Learn strategies to promote and support mental well-being among employees
- Explore initiatives to sustain and improve mental well-being programs in a dynamic work environment



## COURSE STRUCTURE

# 01

### **Basics of Mental Well-Being at Workplace**

Understand what mental well-being means and how workplace environments impact employee mental health

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# 02

### **Nurturing Employee's Mental Well-Being**

Learn to identify signs of distress and foster a supportive, inclusive, and psychologically safe work culture

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# 03

### **Building & Sustaining Well-Being Initiatives**

Apply a six-step framework to design and implement effective mental well-being initiatives in your workplace

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