

THE WORKING MIND

Train the Trainer Course

Set over a five-day period, *The Working Mind - Train the Trainer* course prepares and certifies participants to provide ongoing TWM courses to managers and front-line staff in their organization. This course is suited for organizations who are looking for a meaningful and cost-effective way to deliver in-house training and education to their staff with a specific focus on mental health

The Working Mind (TWM) program aims to:

- ▶ reduce the stigma of mental illness;
- ▶ promote mental health in the workplace;
- ▶ reconceptualize how employees think and talk about mental health and mental illness;
- ▶ help employees identify poor mental health in themselves and others;
- ▶ develop coping skills to manage stress and poor mental health;
- ▶ review employees', managers' and employers' mental health responsibilities; and
- ▶ create a more supportive environment for all.

Why have a trainer in your organization?

- ▶ It is cost-effective. Participants become certified to provide in-house training to their organizations.
- ▶ It helps demonstrate meaningful commitment to supporting mental health in the workplace.
- ▶ It is efficient. As the trainers are in-house, courses can be rolled out across organizations at a pace that works best for them.

Taught by Mental Health Commission of Canada Master Trainers, the course includes:

- ▶ an overview of the key concepts of mental health in the workplace. Participants learn about each concept and are given the opportunity to practice teaching the material to each other;
- ▶ an in-depth understanding of the background on which The Working Mind is based, enabling a solid grounding in mental health to answer questions participants may encounter during delivery of the course to their organizations;
- ▶ structured presentation practice time; and
- ▶ evaluation of presentation skills by MHCC Master Trainers who have been with you all week

Who should attend:

- ▶ HR professionals, business leaders and peers who are:
 - ▶ comfortable with presenting and discussing various material related to mental health;
 - ▶ interested in mental health and well-being and sense of commitment to the cause of reducing stigma;
 - ▶ experienced in facilitating training courses and/or adult education, with an ability to manage questions in training;
 - ▶ have knowledge/understanding/awareness of workplace issues related to mental illness; and
 - ▶ found to be trustworthy and respected by their peers as both an informal and/or formal leader.

For more about The Working Mind, including scheduling and fees, email: theworkingmind@mentalhealthcommission.ca



The Working Mind
Mental Health Commission of Canada



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

CONSIDER THIS...

A substantive portion of Canadian employees perceive work-related stress to be high. (Statistics Canada)

If individuals with a mental illness are able to receive treatment early, disability leave, which costs companies \$18,000 on average per leave, may be avoided.

(Dewa, Chau, & Dermer, 2010)

Stigma is a major barrier preventing people from seeking help for mental health problems or mental illness.