

LEADING WITH MENTAL HEALTH AWARENESS

**What's New
with Elevate**

IN THIS COURSE, YOU WILL:

- Recognize basic concepts of personal mental health
- Identify the factors influencing personal mental health on your team
- Explore strategies to ensure your mental well-being
- Create a strategic plan to lead mentally healthy employees

LEADERSHIP SKILLS
Class Format:
On-site & Virtual

Talking about mental health in the workplace isn't easy. Given the mental health statistics in the U.S. and our experience with the pandemic, we know these discussions are critical. Supporting mental health in the workplace goes beyond offering programs and apps. Leaders play a crucial role in setting the tone and sending the message that our emotional wellness is just as important as our physical wellness. This training will help leaders recognize the significance of their role in creating a work environment that can positively or negatively impact their employees' overall physical and mental health.

CALL TODAY!

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