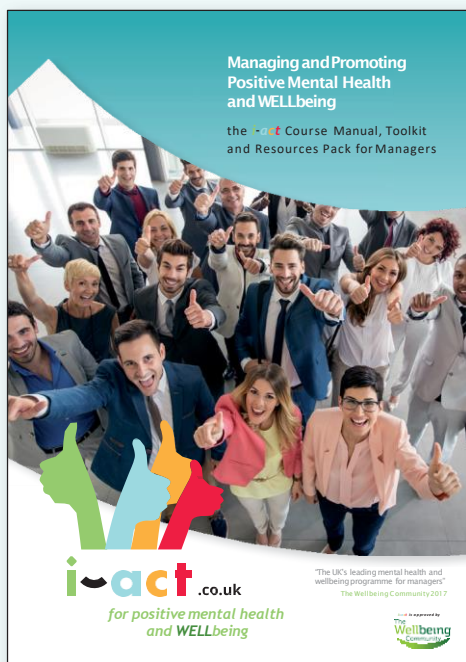


Managing and Promoting Positive Mental Health and WELLbeing in the Workplace



i-act - The Essential Accredited Course for ALL Managers



- The accredited *i-act* course for managers is aimed at supporting managers to improve workplace wellbeing and helping them to support employees who may experience a mental health or wellbeing issue.
- The course comes with a 168-page evidence-based course manual, toolkit and resource pack (pictured left) for each manager.
- The manual includes over 50 practical tools to support managers and over 95 agencies/organisations to refer on to.
- The evidence-based *i-act* course manual cites over 225 reputable references, researched by leading academics in the field.
- The course highlights what managers need to know about managing mental health in the workplace (for example, regarding legislation and The Health and Safety Executive).
- The course comes with free access to all of the on-line *i-act* resources.

Course objectives - the *i-act* course for managers aims to:

- give managers a greater understanding of mental health and wellbeing issues and **help them** recognise when colleagues may need further help and support,
- provide practical tools for promoting positive wellbeing in the workplace to help build resilience for ourselves as managers and for colleagues,
- **offer guidance and advice for how managers can** connect with colleagues who may be experiencing a mental health or wellbeing issue,
- equip managers with practical tools, a resource pack and signposting to further help and support concerning mental health and wellbeing issues.

"The *i-act* training has given me a clear understanding of the legislation concerning mental health issues within the workplace. I now feel much more **confident when supporting employees** who may be experiencing a mental health or wellbeing issue at work. The manual is exactly what every manager needs."

Josh Colby, Area Manager

 evidence-base **i-act** training

 fully accredited option

 access to the **i-act** on-line resources

 over 50 practical tools

 receive the 168-page practitioner **i-act** manual, toolkit and resource pack



i-act

*for positive mental health
and WELLbeing*

**Anne-Marie at Unlock Your Wellbeing is
an approved and accredited instructor of
i-act training**

Contact her today to book your **i-act** training

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