

WELLBEING AT WORK

DO YOU KNOW
HOW TO CREATE A
POSITIVE CULTURE
ABOUT MENTAL
HEALTH?

WELLBEING AT WORK

In this half a day workshop you will:

- Learn practical tools to develop a positive culture about mental health
- Improve communication between your colleagues about mental health
- Plan and prioritise for wellbeing at work
- Get connected for continued mental health support

This workshop is facilitated by

Confide: Confide is a Shropshire based Charity, established over 25 years ago. Confide counsellors help people to get a deeper understanding of their difficulties by exploring their thoughts and feelings, both past and present and then supporting them to bring about change and improve their wellbeing. www.confide.org.uk

Designs in Mind: A studio of designer makers referred through mental health services. Designs in Mind, design and make products for local retail and working in textiles, wood, wire and glass, transform spaces with bespoke commissions. Through their work they aim to challenge mental health stigma and the predominant culture of low expectation which surrounds their makers. www.designsinmind.co.uk

Working together our experience has proven that; talking & making, discussion & presentation, practical & thinking, guarantees we make the most of our short time working with you. Our approach enables an open and different conversation to take place between colleagues and creates a fresh awareness of mental health at work.

To book please contact Confide on 01743 351319 or email enquiries@confide.org.uk