

MindForward
Alliance

Singapore

2024/25 Training Courses



Our training

We believe that generic training isn't enough. That's why we specialize in creating bespoke programs that align perfectly with your organization's culture, values, and specific objectives.

Our initial offerings are listed below, but we're always ready to collaborate on custom solutions.

All our courses are designed to be interactive and engaging, with ample time for discussion and practical application. Through case studies and real-world scenarios, we help your team translate theory into tangible skills.

Why partner with us?

Our bespoke training programs deliver exceptional results. Tailored to your unique needs, they're designed to enhance workplace mental health globally. Our global team of experts provides ongoing support, ensuring:

- **Cultural Sensitivity:** Content is adapted to suit diverse regions and workforces.
- **Customized Learning:** Training aligns with your company's systems, culture, and goals.
- **Continuous Improvement:** Regular reviews, updates, and CPD sessions keep your teams engaged and informed.
- **Phased Implementation:** Control the rollout to meet your specific needs and timelines.
- **Measurable Impact:** Ongoing evaluation tracks progress and behavior change.

Experience the difference with our personalized approach.

Courses for all employees



Workplace Mental Health Awareness

This course is appropriate for the general population of employees, and will improve awareness of, and decrease stigma around mental health. It will ensure that everyone understands the essentials of workplace mental health, enabling them to support the wellbeing of their colleagues and themselves.

The course explores the definition of mental health, and why it is so important to think about it in the workplace. It examines common causes of work-related stress and how this can contribute to poor mental health.

Attendees have a chance to practise listening and communication skills so that they can have appropriate mental health conversations with colleagues. The course goes on to consider how individuals can support their own mental health.

All participants leave the course with a personalised action plan enabling them to implement these back into their workplace.

Duration - Essentials course: 90 mins

Group size: Audience: 5-35

Learning outcomes – Essentials course (90 mins)

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

- Better understand the mental health spectrum and how that relates to keeping mentally fit and well
- Understand their own mental health and wellbeing and how to protect and nurture it
- Recognise the common causes of work-related stress and its contribution to overall performance and productivity
- Understand what resilience means for them
- Identify the main signs and symptoms of common mental health issues in themselves
- Know what internal wellbeing resources are available, so that they can direct colleagues to support and access them for themselves

Courses for People Leaders and Line Managers



People Managers: Building Mentally Healthy Teams

People managers are hugely influential in setting workplace culture. They have a direct impact on team members' wellbeing and are well-placed to spot early signs of poor mental health. The WHO's evidence-based guidelines strongly recommend that businesses should train managers to support employees' mental health.

Our interactive training will help to improve people managers' understanding of, and literacy in, mental health so that they can actively contribute to a psychologically safe work environment. The course will give them the skills to spot early warning signs of poor mental health and then confidently have an open and appropriate conversation about mental health with colleagues, while maintaining healthy boundaries.

Duration - Essentials: 3 hours

Group size: 5 - 35 People / line managers

Learning outcomes

- Be familiar with common mental health conditions and be able to spot signs and symptoms of poor mental health
- Recognise the most common causes of work-related stress and its contribution to mental ill health
- Understand the line manager behaviours that can help prevent workplace stress
- Consider how diversity in people – ethnicity, neurodivergent, early careers – can be intersectional with mental health
- Gain practical skills in how to have a supportive and appropriate conversation about mental health with direct reports, whilst maintaining healthy boundaries
- Understand how to navigate difficult conversations about wellbeing within the context of performance management
- Learn about what reasonable adjustments might be appropriate to offer in different circumstances
- Be familiar with how to support an employee's return to work after a period of absence due to mental health difficulties
- Know about internal support and resources available
- Actively consider their own mental health and wellbeing, and how they can protect and nurture it
- Understand how they can actively support and develop a mentally healthy workplace culture and their role as leaders in challenging stigma

Contact us

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Find out more about our training

mindforwardalliance.com/training

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Transforming workplace
mental health