



BOYS GET SAD TOO
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A training programme to increase awareness of mental welfare and well-being issues with practical insights in how to deal with them.

Key Focus Areas

- Mental Health and the factors that can affect wellbeing
- Practical skills for spotting the triggers and signs of mental health issues
- Different types of mental health illnesses
- Sources of Support
- Building confidence and experience to provide support

Webinar Duration :

- 2-3 hours – to include:
2 x 50 mins content sessions
15 minutes comfort break.
15 mins Q&A

Other Formats Available:

- 1 hour “work out”
- In person – 1 Day

Bespoke Content

- Bespoke organisational content can be added – Please Enquire

Who Should Attend

- Leaders, managers and team members who are concerned about the mental wellbeing of themselves and their colleagues

What’s Included

- Facilitated Content
- Dedicated, mental Welfare trained facilitator
- Follow Up PDF ‘*Postscript*’ notes

Budget For Webinar Delivery

- £100 / Person
- £250 set up Fee
- Min Budget £500
- All prices excl Vat

Other Format Budgets

- Please Enquire
- Min Budget £500
- All prices excl Vat

MANAGING STRESS|COPING|SPOTTING MENTAL HEALTH ISSUES