



E-Learning: Spotting the Warning Signs or Video:

1. Spotting the Warning Signs

Module Introduction

Module Introduction Mental Health

Interview

Dr. Hazel Harrison

E-Learning: What is Mental Health? or Video:

1. What is Mental Health?

Webinar Video Arts & Dr. Hazel Harrison - Employees Mental Health Webinar

Knowledge Check
What is Mental Health?

Knowledge Check
Spotting the
Warning Signs

E-Learning: Stay Connected and Find Your Flow or Video:

1. Stay Connected and Find Your Flow

Webinar A Webinar For People Who Can't Stand Positive Thinking

Knowledge Check
Stay Connected and Find Your Flow

Infographic
Mental Health
for Employees

E-Learning: Diet, Sleep and Exercise or Video:

1. Diet, Sleep and Exercise

Knowledge Check
Diet, Sleep and Exercise

E-Learning: What Influences Your Mental Health? or Video:

1. What Influences Your Mental Health?

Knowledge Check
What Influences Your Mental Health?

 **video arts**
Longer lasting learning

Learning Pathway Mental Health for all Employees



Start



Learning Pathway

Wellbeing for all Employees



E-Learning:
Practical Wellbeing
or Video:

1. Multi-Tasking
2. Targeted Acts of Kindness
3. Taking Care of Basic Needs
4. Get Physical

Knowledge Check
Practical Wellbeing

Module Introduction
Module Introduction Wellbeing

E-Learning:
Emotions vs Evidence

or Video:

1. Keep a Sense of Perspective
2. Put Yourself in their Shoes
3. The Worst-Case Scenario
4. Mind-Reading

Knowledge Check
Emotions vs Evidence



E-Learning:
Criticism and Failure
or Video:

1. Embracing Failure
2. Fire your Inner Critic
3. Be Kind to Yourself

Knowledge Check
Criticism and Failure



E-Learning:
Planning

or Video:

1. Celebrate Small Accomplishments
2. The Perils of Over-Planning
3. The Bias Towards Action

Webinar Wellbeing Webinar

Knowledge Check
Planning



E-Learning:
Happiness Habits
or Video:

1. Gratitude
2. The Power of Ritual
3. What's Your Legacy?
4. Keep Learning

Knowledge Check
Happiness Habits

Infographic
Wellbeing

E-Learning:
Inside Your Head

or Video:

1. Don't Compare Your Insides to Other People's Outsides
2. Just Don't Think About It!
3. You Are Not Your Emotions
4. Get Everything Out of Your Head

Knowledge Check
Inside Your Head

E-Learning:
Workplace Wellness

or Video:

1. Creating a Period Positive Workplace
2. Creating an Open and Positive Environment for Menopausal Staff

Webinar Menopause Webinar

Knowledge Check
Workplace Wellness



Infographic
Workplace Wellbeing



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E-Learning:

Creating a supportive environment

or Video:

1. Creating a Supportive Environment

Webinar Video Arts & Dr. Hazel Harrison - Managers Mental Health Webinar

Blog What Can Employers Do to Support Mental Health?

Knowledge Check Creating a Supportive Environment



Start

or Video:

1. Starting a Conversation About Mental Health

Webinar Wellbeing Webinar

E-Learning: Starting a Conversation About Mental Health

Knowledge Check Starting a Conversation About Mental Health

E-Learning: Helping an Employee Struggling with Mental Health

or Video:

1. Helping an Employee Struggling with Mental Health

Blog Working From Home and Mental Health: How Employers Can Support Their Employees Remotely

Knowledge Check Helping an Employee Struggling with Mental Health



E-Learning: How to Have a Good Conversation About Mental Health

or Video:

1. How to Have a Good Conversation About Mental Health

Blog The Changing Role of Management Conversations

Knowledge Check How to Have a Good Conversation About Mental Health

E-Learning: Personal Wellbeing for Managers

or Video:

1. Don't Spread the Anxiety Virus
2. Show Your Vulnerabilities
3. Transparency
4. You Can't Force Fun

Knowledge Check Personal Wellbeing for Managers



E-Learning: Supporting a Return to Work

or Video:

1. Supporting a Return to Work

Webinar A Webinar For People Who Can't Stand Positive Thinking

Knowledge Check Supporting a Return to Work

Infographic Mental Health for Managers



E-Learning: Team Wellbeing for Managers

or Video:

1. Reward People Like Grown-Ups
2. Embrace Your Introverts and Pessimists
3. Entrust People with Big Responsibilities

Knowledge Check Team Wellbeing for Managers

video arts
Longer lasting learning

Learning Pathway
Mental Health
& Wellbeing
for Managers

