

MAKING WORKPLACE MENTAL HEALTH EVERYONE'S BUSINESS

steps

WEDNESDAY 2ND OCTOBER 2019

08:30 - 13:00 including lunch

It is fair to say mental health has become one of the most significant conversations of our time. However, most of us are still deeply uncomfortable at the thought of having to talk about mental health, especially in the workplace. Mental health problems affect approximately 1 in 4 of us each year (*Mind*), and to engage with this at its core we need to acknowledge what really matters - that workplace mental health awareness is everyone's business.

Steps invites you to see our unique approach to Workplace Mental Health Awareness in action. Through interactive scenarios, facilitated discussion and a practical case study created in partnership with BAE Systems, this experiential workshop will give you:

- Raised awareness of what we mean by mental health and practical guidance on how to 'have the conversation'.
- Insight on how to make mental health awareness everyone's business and a shared responsibility.
- A chance to hear about our ground-breaking mental health awareness programme with BAE Systems.
- Skills in recognising the signals and being proactive in addressing mental health issues, with input from a leading business psychologist.
- Increased confidence in how to manage and challenge the perceptions of others.

Enjoy a leafy stroll as part of your morning commute and join us at a beautiful venue in Regent's Park for a thought-provoking morning of learning and conversation.

Places are limited, so please email marketing@stepsdrama.com for details of how to register. In lieu of a registration fee, we will kindly ask you to consider an optional donation of £25 per participant to the Mental Health Foundation.

Inspiring people to act differently

BAE SYSTEMS

#MentalHealthEB19