



Mental Health: Safeguarding Employee Mental Health - Prioritizing Well-Being

Description

Ensuring employees' mental well-being is crucial for companies and management—not just due to the substantial economic impact of mental health problems annually. Therefore, prevention and support must be deeply integrated into everyday management practices. This e-training course explains how different leadership styles can make a leader either a resource or a stressor for their team. It details the benefits of transformational leadership and guidance on how to arrange daily work to prioritize employees' mental health. The importance of recognition and providing appropriate autonomy in tasks is also highlighted. Moreover, it promotes the creation of a supportive company culture and outlines how managers can safeguard their own mental health, considering the specific challenges they encounter.

Target Audience

Managers who want to promote and maintain the mental health of their team and themselves

Learning Objectives

- Knowing the importance of mental health in a corporate context
- Understanding the influence of leadership styles on the mental health of your employees
- Knowing and being able to create organizational framework conditions to promote mental health in the workplace
- Protecting your own mental health as a manager