

About the course

A course designed to study factors affecting the leadership and ethos required for having a mental health and wellbeing friendly environment. This includes taught content, relevant to their situation and self-researched modules. The course is designed for current and potential managers and leaders within an organisation.

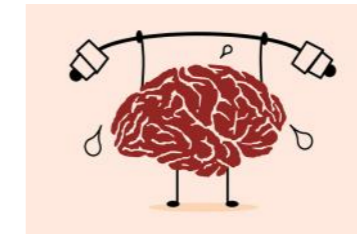
About the Programme

The Mental Health Awareness Programme is dedicated to ensuring that organisations at all levels are mental health aware. They believe to achieve this, the culture and ethos need to come first and that this is what embeds a true mental health friendly culture. Organisations who can demonstrate commitment at all levels to mental health awareness are able to apply to be accredited with the Mental Health Tick. They also run the national Mental Health and Wellbeing Awards.



Mental Health Aware Leadership Qualification

Recognising advanced commitment to mental health and wellbeing aware leadership styles



MORE INFO

For more information contact:
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Mental Health Awareness
PROGRAMME



WHAT IS IT

The **Mental Health Aware Leadership Qualification** is a level 4 qualification designed to recognise those with the greatest influence over policy and practice in workplaces, those leaders and managers committed to ensuring that their leadership approach is the very best it can be. Suitable for team leaders and managers, plus those aspiring to these roles.

The course covers topics affecting the leadership of mental health and wellbeing. Sessions encourage the reflection on learners current leadership approaches, plus the development of new knowledge.

Participants study core modules and self-study an additional two modules, allowing them to ensure the learning is most suitable for their situation. The qualification is assessed through a portfolio submission in order to gain the accreditation and is suitable for those in leadership roles or those seeking promotion.

BENEFITS

- Improved knowledge, skills or behaviours
- Self-aware leadership styles
- External validation of commitment to mental health
- Increased staff support
- Increased engagement and satisfaction
- Reduced staff turnover
- Evidence of good practice
- Address wellbeing in new ways
- Accreditation

COMMITMENT

In-person

3 full days, plus group-led support sessions.

Online

15 x pre-recorded seminars.

Additional commitment

Between sessions there are reflective activities. In addition leaders self-study two units.

Assessment

Activities and self-study contribute towards a final portfolio.

HOW IT IS DELIVERED

The course can be delivered online or in-person for local cohorts.

The Mental Health Awareness Programme also work with selected local partners on a Train the Trainer basis.

HOW IS IT ASSESSED

The course is assessed through a four-part portfolio:

- Reflection of the learning for themselves
- Reflection of applying the learning in the workplace
- Further reading or research they have undertaken
- Log of activities

PROGRAMME CONTENTS

Facilitated sessions:

Leadership in Mental Health
Beliefs, values and attitudes
Bias and reactions to mental health
Reflecting on leadership approaches
Statutory expectations
Emotional coping
Mental Health Difficulties
Workplace wellbeing

Self-studied units, choose two of the following:

Support for staff
Staff engagement
Disabilities and medical conditions
Mental health difficulties
Mindset
Ethos
Staff wellbeing

