



Workshops

Mental Wellbeing for HR

Mental Health is moving higher and higher up the agenda, and HR shouldn't fall behind. The role of HR, whilst enjoyable, can be tough, challenging, stressful and have an impact on our long-term mental wellbeing. This full-day workshop is for HR teams who want to prioritise their own mental wellbeing, living and working as advocate and role models in their businesses.

Who's it for?

- HR Teams who want to prioritise their own wellbeing.
- HR teams who want to understand more about mental health and the impact that poor mental health can have on people in your organisations.
- HR teams who want a fun and practical way to learn more about mental wellbeing and why it's vital this is managed in a positive way.

What does the workshop include?

- Some scary stats.
- Kelly's own Mental Wellbeing journey - from HRD to Chrysalis Rulebreaker (the short version).
- Why HR need to prioritise their own mental wellbeing.
- The neuroscience behind how the brain works and why we feel the way we do.
- The 'stress bucket' and how to empty it.
- Stress and letting go of excuses.
- Five ways to Wellbeing.
- Hints and tips to improve your mental health.
- Visualisation - Experience, Create, Do.
- Wellbeing Action Plan.

Will we need to prepare anything in advance?

"Need" – No. But you get out of things what you put in, right?

So, if you're truly committed to change then we'll suggest some prep-work, as an adult, you'll make the right decision about whether to complete it (or not!).

About Kelly:

Over the past 5 years, Kelly has added more strings to her bow and trained and qualified in psychotherapy, neuroscience and wellbeing to add to her psychology, Coaching and HR expertise. Her simple to follow What's Your Excuse for not overcoming stress book is being used by companies nationwide to educate people in recognising and overcoming stress for greater confidence, control and resilience.

This workshop condenses some of the key points that Kelly has learned, created and developed to help HR recognise how to create their own personal wellbeing so that they can better support their people in looking after their own mental wellbeing. Kelly has spoken on the topic of stress at many workshops and events over the past 18 months and is passionate about creating better and healthier places to work. She is also co-author of the ethical business framework where wellbeing and belonging are key slices of the pie.

In addition to this Kelly spent over 20 years working in HR, was recruited as the UK's Youngest HR Director, has two other books now forming part of MBA's in the US and she's currently completing her PhD in Organisational Change. When she's not working and supporting the Chrysalis Team and HR Professionals, you'll find her with her family, or hiding away meditating and practicing Yoga.

This is exactly what we need – how do I book?

Call the team on 01733 857755, drop us an email mail@chrysalis-consulting.co.uk, tweet us @chrysalis_ltd or message us via LinkedIn or Facebook. Or for smaller teams call us and join the waiting list for our open courses.