

# Mental Health Awareness for Managers

## with In Bloom Project



Average Course Rating  
**4.5 / 5**

Average NPS Score  
**93.5**  
Would you recommend this course to a colleague?

**"Very open and conversational. Felt like a safe space and I learned a lot."**

Ben Mayor -  
Deputy Client Services Director -  
We Are Social

### Your Facilitator — Joannie Lemay



Your experience when completing the course will be largely influenced by the guidance, engagement, and expertise provided from your facilitator.

We collect feedback after every course delivered and have been improving participant's experience since the first course we've delivered.

Joannie inspires individuals and businesses by delivering tailored health and mindfulness strategies to improve performance and general wellbeing.

### Why Choose In Bloom?



**We talk about prevention**  
The majority of similar courses only deal with responding to crises



**10 Years Experience**  
We understand your managers and the reality on the ground.



**Rated above industry average**  
We constantly receive great feedback.

### About the Workshop | Learning Outcomes

#### Learning Outcome #1: A Mental Health First Aid framework to check in on someone

- How common are mental health issues?
- Discussion around the warning signs, and how to spot them.
- The 5 Step Framework for conversations.
- Scenario Practice

#### Learning Outcome #2: Foundational Principles of Looking out for your team

- How you set the standard as a leader.
- Knowing what help is available, and promoting resources regularly.
- Developing a culture of radical transparency and respect.
- Checking-in in your 1:1s
- Team Rituals Exercise

**Target Audience:**  
1st and 2nd line leaders of peoples, who manage teams.

**Gain the confidence to help**  
someone with a mental illness

### Participants Feedback



"I liked the pace and the focus on practical application"



"Extremely vital info that everyone should learn."



"Joannie is a fantastic facilitator and delivered the course material in a very engaging, informative manner."



**Pricing**  
\$2,500/Workshop\* - [2.5 Hours in Person Price]  
\*Capped at 15 participants

**BOOK NOW!**

You're in good company



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