

Increase productivity with our corporate wellbeing solutions

Chakra's training has been built to increase mental strength and resilience to high levels of stress, using early intervention for increased productivity.

We might not always be able to see mental health at work and mental health in business can seem like a huge area; sometimes HR professionals just don't know where to start. It might also seem that exploring mental health at work means we are opening a can of worms, creating lots of uncertainty around what kinds of issues might surface.

So why bother?

When staff are mentally unwell, there is a significant cost to business. This is estimated to be between £33-42 billions pounds every year. No business is immune to staff becoming mentally unwell and research suggests that 1 in 4 people are likely to struggle with their mental health during their lives. Productivity and performance are hit hard due to absenteeism and presenteeism. The latter comes at the greater cost; presenteeism is understood to contribute two thirds to the total cost of mental ill-health at work.

There are a number of reasons staff may be present but not performing:

- Fear of the stigma and perception of being weak
- Denial or lack of understanding around their mental health circumstances
- Fear of losing their job or not being paid if they take time off
- Fear that appropriate support is not available
- Fear that they will not be believed

The good news

The good news is that supporting mentally unwell staff does not have to take a huge effort or cost the earth and businesses can start by making mental health conversations part of their culture. This is an important part of tackling the problem as open conversation will help us to understand where the specific issues lie in our businesses. A mental health course such as the one below can give people a solid understanding of how they can take control of their own mental health circumstances and support others in doing the same.

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Call us on 0113 479 0292 | info@chakracorporate.co.uk | www.chakracorporate.co.uk



CHAKRA
Corporate Mental Strength

Feeling the Chakra benefit...

BYTEMARK

PAVERS

LivingCare

DAILY EXPRESS

MINT
HUMAN RESOURCES

TranQuality

Everton
FOOTBALL CLUB

Alcumus
Safer, Healthier, Stronger

KIRKLEES COLLEGE

MACCOMMS
MEDIA • PRODUCTION • EVENTS

AMS
Rehab Across Boundaries

NEUPC

PUMA

BOULTING

time to change
let's end mental health discrimination

henry
Helping Staff, Helping Teams

ASU
All in the Same Cup

CIPD

JOURNEY FURTHER

blatchford

Empower a team of supportive mental health advocates

Wellbeing Champions

Why Businesses Need More than Mental Health First Aid.

Mental Health First Aiders are a worthy presence in any business and can send out a message that “it is okay to be not okay”.

However, empowering staff to have the courage to come and open up about their mental health struggles in a working environment can be tough. The ethical and therapeutic underpinnings of our work ensure that Wellbeing Champions are primarily able to monitor their own mental health state. We recognise that an emotionally supportive role often means that we absorb lots of heavy feeling from others and therefore making sure that our own positive energies are constantly reviewed and topped up is paramount.

The areas of self-care and self-awareness are core to Wellbeing Champions training. As the saying goes, “you can’t pour from an empty cup”, so our message is that your mental health advocates can only give to others if they have given enough to themselves.

Wellbeing champions adopt a role that encourages and promotes a psychologically safe working environment throughout the year. Our training will provide an understanding of how wellbeing champions can undertake a number of activities that help people feel good about coming to work, helping manage risks to the mental health of staff and encouraging and supporting mentally unwell staff. Wellbeing Champions ensure that there is a zero-tolerance to mental health discrimination at work.

A core part of this training is understanding how mentally unwell staff can be encouraged to feel confident in having a conversation about their concerns, and how wellbeing champions can make a real difference by creating a safe environment and using specific communication skills that help manage a sensitive and fragile discussion. There will be an opportunity to practice the use of core counselling skills, non-threatening and open questions.

Course sections can be split and delivered in a way that meets your business needs and the time-availability of your staff.

Outcomes:

- How to help people feel good about coming to work
- How to manage the risks of mental ill-health in the workplace
- How to recognise and support mentally unwell staff
- How to feel confident in having a sensitive conversation
- How to implement an effective mental health strategy
- How to manage own exposure to negative events

Call us on 0113 479 0292 to find out more or to book a course.

Or you can always email us on: info@chakracorporate.co.uk

Not ready to book a full course? Why not try a 2 hour taster session?



Course length: 24 hours

Group size: 8-15

Location: Your workplace

Ideal for any staff that are interested in having a proactive role that contributes towards a mentally healthier workplace.