



WORKPLACE RESILIENCY

Mental Health America Lakeshore



MHA LAKESHORE

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*Contact us today for a complimentary consultation
to determine your company's needs and best session fit.*



BRING MHA AND MENTAL WELLNESS TO YOUR COMPANY OR ORGANIZATION

Create a workplace culture that promotes happiness, health and overall well-being. MHA offers high quality trainings and workshops to cultivate engaged, productive, and less-stressed employees using evidence-based best practices for the mind, body, and heart. Call 920.458.3951 or email info@mhalakeshore.org today!

MENU OF OFFERINGS



B4Stage 4

When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We start way before Stage 4. We begin with prevention. And when people are in the first stage of those diseases, and have a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms. In this session, symptoms to recognize, different types of treatment, help and local community resources will be shared along with basic techniques and strategies to reduce stress in our own personal and professional lives.

Emotional Agility for Leaders

Emotionally agile leaders are empathic, which enables them to understand that relentless positivity is not the only way to get positive, and constructive results. Healthy, thriving organizations are made of people, and healthy people experience a wide array of emotions. To the extent that leaders allow their workers to express themselves in healthy and appropriate ways, they're more likely to have a workforce of engaged and highly contributing individuals. This course will help leaders understand and tackle disengagement, better understand employees, support teams in discovering mutual values and goals, and become a more mindful leader.

Empathy in the Workplace

This presentation addresses what empathy is, why it is important for workplaces, and how we can all cultivate it in a practical way. Teams are proven to be more effective when empathy is demonstrated at every level. You will learn why compassion is compatible with, and can often improve, productivity.

Psychological Safety

In this session on psychological safety, participants learn strategies to create an inclusive and supportive environment where team members feel comfortable sharing their thoughts and ideas. The workshop emphasizes the importance of open communication and trust-building to foster a psychologically safe workspace.

Suicide Prevention

Learn to recognize suicide warning signs, offer hope, and seek help through QPR Training, an evidence-based program empowering everyone to make a positive community impact.

Introduction to Mindfulness

What is mindfulness and how can you become more present in your everyday life? In this session, participants will build their own mindfulness practice for use in both their professional and personal life. This session will include information about the principles of mindfulness as well as several guided practices.

Employee Resource Group Support

An Employee or Business Resource Group (ERG or BRG) is a voluntary, employee-led group that fosters a diverse and inclusive workplace. These groups are typically organized around a particular shared background, interest, or issue. Active and well run BRGs can also help to recruit and retain top talent. If you are looking to start a mental health-focused employee resource group at your organization, MHA can support the start-up of the group and provide ideas and guidance surrounding mental-health based topics.

Customized Courses & Workshops

If your organization is looking for customized mental health education, contact us to determine how we can best meet the needs of your employees.

Sessions may run from 30-90 minutes depending on topic and organization schedule. Corporate pricing as well as discounted rates for non-profits, small businesses, and schools.

BENEFITS OF FOCUSING ON MENTAL HEALTH IN THE WORKPLACE

28% reduction in sick days

30% reduction in workers' compensation & disability claims

\$5.93 to \$1 average savings-to-cost ratio

For more information about our Workplace Wellness menu, please contact us at 920.458.3951 or email us at info@mhakeshore.org