
Mental Wellbeing by Design – Invite

Everyone who goes to work should go home safe and healthy, both physically and mentally. Ensuring this is more than a legal obligation – it’s the right thing to do.

You are invited to attend a workshop looking at mental wellbeing by design.

Date:

Location:

Facilitator:

Why?

We want to understand the impact of work on our people. Just as we identify the risks to our physical safety at work, we also need to identify the risks to our mental health. And more than that, we also want to understand what aspects of your work protect your mental wellbeing. Given you are the expert in your work, we need you at this workshop to help us understand your everyday work.

How?

Your facilitator will lead a workshop using a method developed to help us understand the factors in our work that impact mental health. You’ll be asked to think about your work and rate how different factors impact you. You’ll then discuss your ratings and the reasons behind them. It’s as much about the conversation as it is about the ratings. They want to hear from you about how your work currently affects you, as well as your thoughts as to how things might be improved. No leaders will be at these sessions and all information about participants is confidential.

What happens after?

A report will be drafted with a combination of all the ratings and ideas for improvement. You, the rest of your team and your manager will receive a copy of the report. You will then all come back together to discuss the ideas captured and explore how to eliminate or minimise the harmful factors you have prioritised, as well as maintain the protective factors.

Once you’ve captured this on an action plan, review dates will be set to track progress. Our aim is to ensure our work and workplace enables us to all to thrive!



Please ask us if you have any questions