WEBINAR: Mental Health Awareness and Workplace Wellness Training

LIVE WEBINAR
VIA ZOOM

Overview

This webinar aims to promote mental health awareness in the workplace as mandated by the Mental Health Act of the Philippines, enacted as Republic Act No. 11036 in June 2018, addressing stigma, discrimination, and the importance of early support and intervention.

It equips participants with practical knowledge on recognizing mental health risks, providing appropriate support to affected workers, and facilitating access to professional mental health services.

The session encourages the development of a compassionate, inclusive, and mentally healthy workplace culture.

Objective

At the end of the program, participants will be able to:

- Increase awareness and understanding of mental health.
- Recognize signs of mental health risks and emotional distress.
- Help prevent stigma and discrimination in the workplace.
- Demonstrate supportive and empathetic responses to workers at risk.
- Identify available mental health resources and support services.
- Promote a safe, inclusive, and mentally healthy work environment.

Who Should Participate

- Human Resource Personnel
- Managers and Supervisors
- Team Leaders
- Health and Safety Officers
- Department Heads and Executives
- All Employees interested in Workplace Wellness and Mental Health Awareness

Key Topics

Module 1: Understanding Mental Health
- What is Mental Health?
- Importance of Mental Well-Being in the Workplace
- Common Mental Health Conditions
- Mental Health in Daily Life and Work Performance

Module 2: Raising Awareness on Mental Health
- Recognizing Early Warning Signs
- Causes and Risk Factors
- Effects of Stress, Anxiety, and Burnout
- Importance of Open Conversations About Mental Health

Module 3: Preventing Stigma and Discrimination
- Understanding Mental Health Stigma
- Common Misconceptions and Harmful Labels
- Building an Inclusive and Supportive Workplace
- Promoting Respect, Empathy, and Psychological Safety

Module 4: Providing Support to At-Risk Workers

Module 5: Facilitating Access to Mental Health Services

Module 6: Building a Mentally Healthy Workplace
- Work-Life Balance
- Stress Management Practices
- Wellness Programs and Initiatives
- Creating a Culture of Care and Support

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Duration

- 6 hours

Webinar Fee

- Php 4,000.00 per participant (inclusive of e-Handouts and e-Certificate) to be paid at least 3 banking days before the event

Requirements

- Mobile phone, tablet, computer or laptop
- Download free ZOOM app
- Internet connection
- Good audio connection

Reservation

- Please call to register (0915.205.0133|0908.342.3162 | 0933.584.7266|(02) 8.727.5628) or use the registration form below. Kindly fill-out and email to businesscoachphil@gmail.com. You will receive a confirmation within 48 hours.

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