



The Lisa Lowe Centre
Specialist Psychological Therapies



Positive Mental Health

Title: Mental Health Awareness for Line Managers – 1 Day course (20 places only)

Date: Wednesday January 10th
Thursday January 18th
Thursday January 25th

Time: 9 - 5pm (lunch included)

Venue: St. John's Mill, Mill Road, St. John's, Isle of Man, IM4 3AF

Cost: £250 per person + VAT

Overview:

This course provides you with a powerful and effective approach to keeping your colleagues healthy.

You will define well-being and mental health, explore the different methods available to build trust and drive the performance of the individuals in your team, taking into account their individual needs. You will learn how effective listening can dramatically improve performance – and you will leave with a detailed action plan for how you will tackle scenarios you have identified.

All this in a highly practical and engaging workshop where you will benefit from the presence of a fully qualified therapist to bring to life what you are learning and have ample opportunity to practise newly acquired techniques and approaches. You will return to work energised and bursting with new ideas.

Presented by:

Together with your facilitators, Mandy Kinnell and Gareth Nicholson there will be insight into the many issues that are talked daily by Adrian M Venn, a resident qualified accredited psychotherapist from The Lisa Lowe Centre.

To book your places please email:

info@thecentre.im

For further information please visit:

www.thecentre.im/education
