



‘Coping with Adversity in Uncertain Times’

The Overview

This interactive webinar is aimed at line managers but can be tailored to staff of all levels. Presented using Zoom, the course is delivered by our trusted and experienced instructors who have a strong background in mental health training.



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The Overview

Who is Minding Your Business?

Established in 2015, **Minding Your Business** (MYB) is a part of the charity, **Employment Support & Retraining Agency Limited** (ESRA), which was founded 40 years ago when the majority of mental health facilities and support networks needed to be disbanded. ESRA’s focus remains the same; to get people with mental health challenges back into work, remain in work, or start the journey towards work. MYB was developed to provide financial support to ESRA with 100% of its profits going towards funding the charity.

What does MYB do & coronavirus

MYB have now been successfully organising mental health courses in the UK for five years, working with an ever increasing and diverse clientele. This includes and is not limited to, major retail groups, software providers, finance and insurance companies, councils, schools, colleges and universities, advertising, marketing and communication groups, legal firms, housing associations, media and film companies, and manufactures.

As well as Mental Health First Aid courses, MYB also runs courses on Suicide First Aid and Resilience, and can arrange bespoke presentations and talks on various aspects of mental health. During the coronavirus shutdown, MYB have been developing their business in line with the social distancing regulations, which could continue for quite some time. To compliment the course offering, MYB can now also offer a one-hour pre-recorded webinar called ‘You and Your Mental Health’ which is aimed at staff of all levels.

‘Coping with Adversity in Uncertain Times’

In brief



- Interactive webinar hosted on behalf of MYB by an experienced mental health trainer

- 90 to 120 minutes duration

- 8 to 12 delegates

- Hosted on Zoom



Coping with Adversity in Uncertain Times - What to Expect

This 90 to 120-minute online interactive webinar course has been written to assist staff (mainly in managerial positions) to understand what mental health and stress is, how to recognise it, and how to support office and remote staff during the current climate of isolation and social distancing.

Delegates should allow up to two hours to complete this online webinar course, with the main content being covered in around 90 minutes and an additional 30 minutes being allowed for questions and answers (questions may be asked throughout the course).

We suggest that numbers are limited to a maximum of **12 delegates** so that our trusted, experienced instructors may keep attendees safe and supported. A minimum group size of 8 delegates is recommended.

Run using the Zoom app, the webinar will include a mixture of group discussions, presentations and workshop activities, so input and discussion may take place.

Covered within this webinar course:

- Why Mental Health & what is it? The Facts
- The impact of **poor mental health** in the workplace
- Understanding **Stress**, signs & symptoms of worsening mental health
- Depression and Anxiety • Black Dog video
- How to recognise when someone is struggling with their mental health and what language we should use with our remote employees and colleagues
- Developing non-judgmental listening skills
- Self-care – It’s all about you! Looking after your own mental health and that of others
- Tools, tips and boundary management

Bespoke for you!

Whilst there is order to the content being presented, the course may be tailored to suit your business. Does your company have an EAP and would you like to ensure that your staff are aware of what it is and how to access it? Or do you have various well-being and mental health services available, which would be useful for our instructors to include? Let us know in advance and we will happily ensure that the information is shared with your colleagues.

Contact Us

We look forward to hearing from you!

For a quote or to discuss this course further, please contact **Judy** and **Donna**:

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Also organised by MYB is:

MYB ‘You and Your Mental Health’ – 65 minute pre-recorded video to download. Buy to keep for the whole company to view. Password protected access through vimeo.

Mental Health First Aid – Adult Awareness – Four hour course (**Location based, and ONLINE #**)

Mental Health First Aid Refresher course – A four hour course aimed at those who completed either the MHFA one or two day course around 3 years ago (**Location and ONLINE #**)

Mental Health First Aid – One Day course (Location based only)

Mental Health First Aid – Two Day course (Location based, with ONLINE # in progress)

Youth MHFA Two Day, One Day and Half Day courses

Suicide First Aid Training

Bespoke courses (ONLINE # and Location BASED)

Online courses are run using zoom or a similar app with a trusted, experienced trainer/instructor