

Workplace Mental Health Leadership program



People managers and leaders play a vital role in creating mentally healthy workplaces. LGIS' leadership program is designed to help leaders adopt a people-centred approach, with a strong focus on workplace mental health. It aims to remove the uncertainty and concerns often associated with unique mental health presentations in the workplace.

The workshops cover essential topics such as psychosocial risk management, emotional intelligence (EQ), and effective strategies for managing mental health concerns alongside performance.

Please note, there are 3 separate sessions as part of the program. It requires a big commitment from the leaders; it involves one 2 hour online session and 2 full-day (6.5 hours) workshops.

Session 1: Mental Health Awareness 2hrs online

This session is designed to provide a foundational understanding of mental health that will be required for subsequent sessions.

Define mental health

Developing mental health literacy

Prevalence and statistics

Mental health and the workplace (the link)

How and where to find support

Session 2: Prevention Full-day F2F

By focussing on preventative measures, this session helps leaders create a workplace where employees can thrive.

Growth mindset

Leadership vision

Leadership foundations

The risk management approach

Other preventative measures

Role modelling

Session 3: Prevention Full-day F2F

This session is designed to ease worries and apprehensions about supporting members with mental health challenges by teaching the use of various tools and skills.

Why workplace mental health matters

Creating the right workplace environment

Mental health communication skills

Mental health conversations

Supporting workers with mental health challenges

More information

For more information or to book this workshop for your local government contact the LGIS People Risk Team at peoplerisk@lgiswa.com.au or call 9483 8888.

