Mental Health and Employee Wellbeing in the Workplace

Human Resource (HR) Management

Course Overview

Mental Health and Employee Wellbeing in the Workplace: a 5-day professional training course from LTC Consultants, delivered in-classroom across Africa and...

What You Will Achieve

- Explain the core principles and current good practice in Mental Health and Employee Wellbeing in the Workplace
- Apply practical tools and techniques for Mental Health and Employee Wellbeing in the Workplace in your own organisation
- Analyse real-world scenarios and select the right approach with confidence
- Avoid the common pitfalls that undermine Mental Health and Employee Wellbeing in the Workplace in practice
- Build a personal action plan to implement what you have learned

Who Should Attend

Directors, senior managers, heads of department, team leaders and high-potential professionals preparing for greater leadership responsibility.

Course Outline

1. Setting the scene: Mental Health and Employee Wellbeing in the Workplace in today's organisation
2. Key concepts and the language of Mental Health and Employee Wellbeing in the Workplace
3. Frameworks and good practice that deliver results
4. Hands-on application: workshop exercises and cases
5. Problem-solving clinic: participants' real challenges
6. Integrating Mental Health and Employee Wellbeing in the Workplace with day-to-day operations
7. Reporting, metrics and demonstrating value
8. Action planning: your first 90 days after the course

Upcoming Dates and Fees

DATES	VENUE	FEE (PER DELEGATE)
2 to 6 Nov 2026	Johannesburg	**$1,395**
9 to 13 Nov 2026	Nairobi	**$1,550**
16 to 20 Nov 2026	Kampala	**$1,395**
23 to 27 Nov 2026	Durban	**$1,650**
30 Nov to 4 Dec 2026	Accra	**$1,450**

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Every delegate receives a Certificate of Attendance. Group and in-house rates available on request.