

4-Hour Foundational Workshop

How can you spot signs of mental health challenges early in self?

How can you spot signs early in others?

If you do spot signs, what can you do?

What do you say – and how do you say it – when someone is struggling?

How can you support well-being without becoming a psychologist or adding to your own workload?

This workshop gives you clear answers, practical tools, and the strategy that fits your role.

Course

This workshop will be adjusted to suit your exact requirements.

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All skills are demonstrated and then experienced. We embrace a "learning by doing" philosophy in all our Leadership, Communication and EQ modules.

What you will learn and experience

- Understanding mental health: facts vs fiction
- Stigma: Shifting the narrative company wide
- Understanding the Burnout cycle, depression, anxiety, stress
- Recognizing signs in self: Tool for measuring own subjective well-being regularly – like a warning light on your car
- Science-backed tools to support well-being
- Recognizing signs of impaired well-being in others: What to look out for
- How to respond: what to say, when to say it, what to do next
- Mental Health conversations practice
- What resources are available and how to lead colleagues to them without appearing judgmental
- Participants leave with actionable skills they can use the very next day to support themselves and their colleagues

Trusted by 100+ top companies, including:



Who we are/why us:

Big4Training is a team of passionate and knowledgeable psychologists and coaches.

We spend our days delivering workshops on the topics of Leadership, Mental Health, Communication, and Emotional Intelligence, to some of the most well-known firms in Switzerland.

Our workshops are extremely engaging; never dry theory. We teach evidence-based skills which enables individuals to strengthen themselves, influence systems, and help others.

www.big4training.ch



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