



**Leading**

**From the Top**

**Workplace Training**

**The mental health of your company IS your business.**



**Prioritize Employee Mental Health**

Foster a stigma-free environment and promote access to mental health resources and support.



**Strengthen Communication**

Learn to approach sensitive conversations about mental health with empathy and compassion.



**Transform Workplace Culture**

Enhance employee productivity and increase workplace engagement and satisfaction.

**YOU PICK THE DATE.  
WE PROVIDE THE TRAINING.**

Gain practical tools and strategies to support employee mental health and promote a company culture of safety and support.





Real People. Real Life. Real Talk.

**75 MINUTE  
CUSTOMIZABLE  
TRAINING SESSIONS**

*IN PERSON & VIRTUAL*

**1**

**FROM STIGMA TO SUPPORT:**

Identifying the Impact of Mental Health Challenges in the Workplace

**2**

**RECOGNIZE AND RESPOND:**

A Guide for Navigating Conversations with Clarity and Compassion

**3**

**RESHAPING THE WORK EXPERIENCE:**

Collaborating to Provide Mental Health Accommodations

**4**

**CALMING THE CRISIS:**

Using the 3 Step Action Plan to Respond to a Mental Health Crisis

**FLEXIBLE  
TRAINING  
STRUCTURE**



Choose your sessions freely! Select one or select them all, in any order you see fit. Companies are welcome to create customized training by combining various topics from different sessions.

1

## **FROM STIGMA TO SUPPORT: IDENTIFYING THE IMPACT OF MENTAL HEALTH CHALLENGES IN THE WORKPLACE**

Mental health problems at work can lower productivity and morale, and it's often hard to pinpoint what influences mental wellness. Employees might avoid seeking help due to stigma or lack of knowledge about available resources. Gain insight into the experiences of individuals living with mental health conditions and learn strategies for creating a supportive and stigma-free workplace environment.

2

## **RECOGNIZE AND RESPOND: A GUIDE FOR NAVIGATING MENTAL HEALTH CONVERSATIONS WITH CLARITY AND COMPASSION**

Recognizing and understanding mental health issues early on is crucial for offering timely support. Learn to identify common signs and symptoms of mental health challenges, develop essential communication skills, and gain confidence in approaching conversations with empathy and active listening. Identify how to access mental health helplines, support groups, and wellness apps, and ensure that support is accessible and effective.

**3**

## **RESHAPING THE WORK EXPERIENCE: COLLABORATING TO PROVIDE MENTAL HEALTH ACCOMMODATIONS**

Discover how customizing job modifications to address mental health needs can create win-win scenarios for both employees and employers. Setting clear boundaries when discussing and supporting employees' mental health can help organizations foster a supportive environment that respects everyone's needs. Empower employees to take charge of their self-care and mental health management, while ensuring they receive the necessary support.

**4**

## **CALMING THE CRISIS: USING THE 3-STEP ACTION PLAN TO RESPOND TO A MENTAL HEALTH CRISIS**

Develop essential crisis intervention skills, including assessing suicide and safety risks, offering emotional support, and referring individuals to professional help when necessary. Learn to identify what constitutes a mental health crisis by recognizing key triggers and signs for prompt and effective action. Utilize the 3-Step Action Plan to respond, de-escalate, and collaborate with mental health professionals, crisis teams, and emergency services.

# PRICE SHEET



## VIRTUAL TRAINING

5-39 attendees	\$650/session
40-99 attendees	\$950/session
100+ attendees	\$1,150/session

## IN PERSON TRAINING

5-39 attendees	\$850/session
40-99 attendees	\$1,150/session
100+ attendees	\$1,350/session

\*Plus \$650 travel day rate & hotel, car, airfare reimbursement for training outside of Phoenix, AZ

"We brought Erin in for an educational seminar for 90 HR professionals. The challenges HR professionals face and continue to do so is the mental health and well-being of their talent. The experience with Erin was fantastic, we could not have asked for a more engaging person.

Her personality is infectious and her ability to connect through her personal experience was captivating. The content provided to our group of HR professionals was spot on. We have since worked with Erin on a local Senior Level HR group for training and is well received."

**Sloan Christensen, Vice President**  
**Brown & Brown, Arizona**




## REQUEST A LEADING FROM THE TOP TRAINING NOW!

### CONTACT:

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