

Mental Health Basics for Employees



THE CONCEPT

Employees everywhere are struggling with how to identify and voice their mental health challenges with their managers. With rising cases of anxiety, depression, and other mental health challenges, there is a need for companies to provide formal and informal support for their staff. However, until employees can properly identify and comfortably share their challenges, those efforts are limited.

THE WORKSHOP

This one-hour workshop is a mental health training specifically for employees. Its main objective is to give employees an introductory awareness and set of tools to support their mental health. In this actionable program, employees will walk away with...

- An understanding of common mental health challenges impacting their peers
- Awareness of how often mental health challenges appear in their workplace
- Techniques to help recognize and identify symptoms
- Clarity on how to discuss mental health challenges with managers and how to seek further support

THE PROGRAM LEADERS



Megan Rafuse, RSW MSW: Megan helps leaders believe they are enough. She’s a Registered Social Worker and Therapist that is keenly focused on helping highly ambitious young professionals. Megan is a co-host of Impostercast, an iTunes top-20 podcast about “faking it”, living authentically and recognizing that none of us are alone in our struggles and triumphs. Megan also does corporate and wellness workshops across North America, to help others learn to challenge their own inner imposter, master positive self-talk, and set quality goals.



Jordan Axani, MA: Jordan helps leaders be authentic at work. He has worked with Fortune 1000 companies, top universities, startups and national governments to help them develop strategies and programs that use authenticity to increase employee retention, performance and happiness. He was educated at the Royal Military College of Canada in Conflict Negotiation before studying Integrated Design Strategy at the Institute Without Boundaries and Rapid Prototyping at FactoryX, a think tank started by Google executives. He speaks and facilitates workshops internationally.



Some of the institutions that trust Megan and Jordan