

The Mental Wealth Academy Mental Wellbeing & Leadership Training Courses

Helping strengthen the mental health
of the working population through better self-leadership



Why the MWA?

The Mental Wealth Academy's mission is to **help save lives** through early intervention and training/coaching on self-leadership and wellbeing; equipping working professionals with essential skills that help them to self-manage and self-regulate better, thereby preventing mental illness and absence.

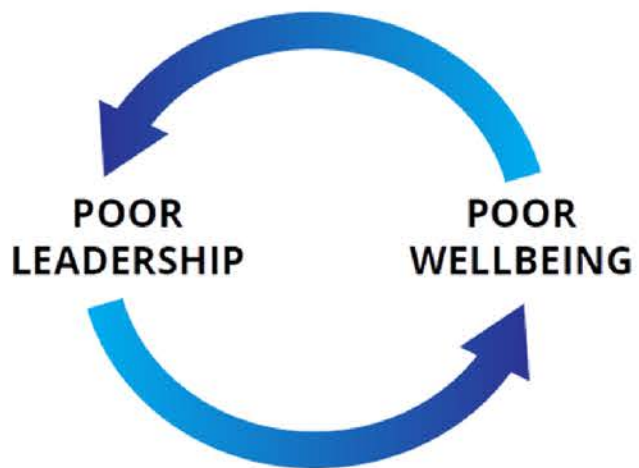
A 2020 Deloitte study found that investment in workplace wellbeing on average, brings **a return of about £5 for every £1 spent**. This increases to £6 for early intervention work.

The Time to Act is NOW.

Leadership & Wellbeing

There are always external and internal causes of poor workplace mental health but here at The Mental Wealth Academy, we understand that poor leadership, of ourselves and others, is a key component of employee wellbeing.

In fact, **poor leadership leads to poor wellbeing** and poor wellbeing leads to poor leadership. The two are inextricably linked.



The Mental Wealth Academy was founded by Harpreet Chana, a former national level pharmacist turned Global Executive Leadership and Mental Wellbeing Coach, **who suffered with chronic stress and burnout herself in a senior demanding role**.

After turning her life around with the help of an amazing mindset coach, Harpreet retrained as a Certified Professional Coach (CPC) in 2018 and decided to dedicate her life to **helping other professionals from succumbing** to the same type of illness that she did

Harpreet brings together **key leadership and wellbeing principles** together with her own lived experience to offer the 3Ps for successful stress management:

- **P**ersonal experience
- **P**roactive and practical tools
- **P**revention focus

This helps your employees to **strengthen their mental health** with a focus on **self-reflection, self-regulation** and **self-management** so that they can **'lead well and live well'** at work and at home.



At the Mental Wealth Academy, our focus is on prevention.



Our Signature Course

Lead Well, Live Well

4 x 1 hour online Leadership & Wellbeing training sessions
with practical 'homework' to complete in between



AIMS

Help your employees to become better leaders of themselves and others by improving their self-awareness, their self-regulation and their self-management by teaching them to:

 Understand the importance of self-leadership, self-regulation and self-management in ensuring better wellbeing,

 Understand their own stress reaction and how they can shift to choosing a more positive response (mental wealth),

 Recognise their own patterns of negative, crooked thinking and how to self-regulate better,

 Practise more self-compassion, self-care and to build self-confidence,

 Put in place effective boundaries (with themselves and with others) and be able to push back and say no effectively,

 How to prioritise their workload and how to manage their workday so that it doesn't manage them,

 Feel empowered to take charge of their own mental wellbeing and self-leadership with a tailored self-regulation plan.



Session 1

Self Control

- Importance of Self-Leadership
- Increase Your Self Awareness
- Power of Thought
- Cultivating a Growth Mindset
- Working on Your Self Compassion

Session 2

Self Management

- Boosting your Confidence
- Why We Struggle to Say No
- Prioritising Workload
- Setting Effective Boundaries

Learn how to lead yourself and others well, so that you can all LIVE WELL

Session 3

Self Consciousness

- Self Consciousness
- Physical Health vs Mental Health
- Stress vs Burnout
- Understanding the Impact of Stress on the Body
- The Role of High Functioning Anxiety/Stress

Session 4

Self Regulation

- How to Switch Off From Work Effectively
- The Importance of Self Care
- How Emotional Intelligence contributes to Better Wellbeing
- Your Self Regulation Plan



BANISH the Burnout!

**2 x 1 hour online sessions with homework after week 1
(can also be offered as a 2 hour session)**

THE
MENTAL
WEALTH
ACADEMY



AIMS

Help workers to improve efficiency, productivity and workplace culture by 'Banishing the Burnout' for good.

This is a practical workshop focused on helping your employees determine:

- if they are struggling with burnout
- the cause of their burnout
- a plan for how to start tackling it.

This course will help delegates to:

- 🧠 Understand what burnout is and what it isn't
- 🧠 Know the difference between burnout and stress
- 🧠 Determine whether they may be suffering with symptoms of stress and/or burnout and what happens if it is not addressed
- 🧠 Examine the cause of their own stress/burnout
- 🧠 Learn practical ways to start tackling this cause
- 🧠 Make a real commitment to change





How to Cultivate a 'Mental Wealth' Workplace Culture







A 2 hour workshop for a small group of key individuals

AIMS

Help key people within the organisation to devise an action plan of how to create a safe, engaging and wellbeing-centric culture in the workplace.

This is a practical workshop focused on bringing together key individuals in the organisation as a team to create a strategic plan around wellbeing.

This course will help delegates to:

-  Review the organisation's current approach to wellbeing
-  Determine the ideal future state in regard to wellbeing
-  Identify key areas for focus
-  Understand what constitutes a psychologically safe workplace environment
-  Understand what 'good' looks like using best case examples
-  Develop an action plan for the organisation with key milestones and dates











Managing Mental Health Conversations in the Workplace

A 3 hour workshop for Line Managers

AIMS

Help Line Managers be able to conduct a conversation around mental health with their team members and beyond.

This course will help delegates to:

-  Raise awareness of mental health, mental health issues and their own thoughts/beliefs around mental health
-  Understand how mental health can present in the workplace and why
-  Be able to spot early warning signs
-  To feel confident and comfortable in holding a conversation regarding mental health in the work setting with a simple and effective framework
-  Handle the Return to Work process for any team member experiencing ill mental health including the use of Wellness Action Plans
-  Practice the skills they've learnt in a safe and friendly setting



Testimonials

This Lead Well Live Well course has been life changing already, I have made changes weekly from what I have learnt, all had a huge impact on my wellbeing and aiding me for the future. Different mindset moving forward. Thank you!

Harpreet delivers the course from a place of authenticity, she has 'walked the walk'. I found the course extremely validating and so look forward to putting what I have learned into practice.

This is the most positive leadership course I have attended. It has given me useful tips and practices to take away and use both at work & home

I attended along with 24 of my employees. We all have different personalities and levels of stress at work and home, but one thing we all have in common is how fantastic we thought the Burnout course was. It hit home in so many areas.

The course is a MENTAL HUG, and I would recommend it to everyone, regardless of your mental health.

This course was brilliant, truly. By sharing her story and enabling us to look into our selves, our bad habits and our own lives, Harpreet enabled me to see the light at the end of the tunnel. I understand more about myself, and most importantly, actionable steps that can be taken to 'live' better one day at a time.

60 Minute Masterclasses

- **From Confrontation to Consultation**
Handling Difficult Conversations
- **Be a Go Getter, Not a Goal Setter**
Effective Goal Setting
- **Whose Time is it Anyway?**
Time Management Masterclass
- **Beat the Imposter Syndrome**
Self Confidence Masterclass
- **Switch Off and Sleep Better**
Stress Management Masterclass
- **More Motivation, Less Perspiration**
Productivity Through Self Compassion

Also Available:

- Mental Health Audit +
Recommendations Report
- Wellbeing Policy Creation &
Implementation
- Energy Leadership Index (ELI)
Assessments
- Creating a psychologically safe,
dynamic and high performing team
through:

Group Coaching

1 to 1 executive leadership coaching



Harpreet Chana MRPharmS, CPC, ELI-MP

harpreet.chana@thementalwealthacademy.com

www.thementalwealthacademy.com

+44 (0) 7968 140255