

Mentallypro® Certification



Mentally Chief Officer



Mentally Chief Officer

With the **Mentally Chief Officer** Certification , you will acquire the skills to **connect a culture of wellbeing with psychosocial health** across dynamic and ever-evolving workplaces.

You will become a **key agent of change**, advancing organisational wellbeing through a systemic and strategic approach.



Mentally Chief Officer



09.00 - 18.00

Connecting Wellbeing Culture and Psychosocial Health

- Change Management Context: VUCAH/BANI
- Wellbeing and Wellbeing Culture: Wilber's Model
- Models, Drivers, and Impact of a Wellbeing Culture
- The Link Between Wellbeing Culture and Psychosocial Risks
- A Systemic Approach to Change
- The Change Adoption Curve: Rogers



13.30 - 15.00

Networking Lunch

Mentally Chief Officer



09.00 - 18.00 Horas

Change Management Model: How to Apply It in Your Organisation

- Change Management Models
- Continuous Improvement Cycle (PDCA)
- Plan:
 - Data Triangulation
 - Discovery Process
 - Stakeholder Mapping
 - Employee Journey Mapping
 - Prioritisation
- DO:
 - Change Leadership Team
 - Cross-functional Teams
- Check:
 - Retrospectives & Reviews
 - Lessons Learned and Validated Hypotheses
- Act; Iterative and Incremental Improvement



13.30 - 15.00

Networking Lunch

Key Insights for Improving Mental Health in the Workplace

