



Mentallylab

BeOn*



MentallyC-Level

**RAISING AWARENESS OF A CULTURE OF
MENTAL HEALTH CARE AND PREVENTION**

For senior management and executives

Objective

The aim of this training is to help senior leaders better understand mental health issues and initiatives, raising awareness of the importance and value of **caring for and promoting employees' mental health.**

The **many benefits** of this type of initiative will be presented in terms of health, wellbeing and motivation, all of which directly influence **productivity, reduced sickness absence and improved financial performance.**



Contents

BLOCK 1

Mental health awareness and understanding.

Mental health: basic concepts.

Biopsychosocial approach. How a mental health problem develops.

Data on the prevalence of these issues and their **impact in the workplace.**

BLOCK 2

Understanding **beneficial workplace initiatives** and programmes for **prevention and intervention** (preventive training, manager training and psychological support for employees).

Becoming aware of and reflecting on the **benefits** of this type of care at **different levels** of the organisation: health, motivation, productivity, results, etc.

Structure

- **1 three-hour workshop.**
- **Format:** In person.
- **Group size:** max. 15 participants.

Facilitation

Fully participative sessions, featuring numerous exercises and practical case studies.

Facilitator

ROSANA CALVO CRUZA

Health psychologist, emotional intelligence expert and coach.

Key qualifications:

- Degree in Psychology
- Master's in Clinical Psychology
- EMDR Therapist, Level II
- Master's in Emotional Intelligence
- NLP Practitioner
- Advanced Course in Coaching

Related experience:

- Health psychologist accredited by the Community of Madrid.
- Technical Director of Gimnasio emocional® since 2016.
- Trainer at Gimnasio emocional®. She has delivered more than 700 emotional skills workshops across more than 25 large companies.
- Lecturer on master's programmes in coaching, NLP and Emotional Intelligence (2012-2017).
- 13 years' experience as a psychologist at a Community of Madrid rehabilitation centre for people with severe mental illness.
- 12 years' experience as a health psychologist in private practice.
- Director of the corporate psychological support service at Gimnasio emocional®.
- Co-creator of the FORTIA® psycho-emotional resilience model.

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