


Youth Mental Health Awareness and Coaching for Working Parents



Mental health problems affect 1 in 10 children & young people...



... So why should employers be supporting the mental health of working parents and their children?

A third of employees worry about their children's mental health while working.

As a result, this creates an effect called "Presenteeism" - this is when productivity is lost when an employee is unable to fully function and focus on their role in the workplace; and this can be a serious issue for employers.

Presenteeism is currently estimated to cost UK employers between £26bn and £29bn annually through lost productivity; while 70% of mental health calls handled by Bupa have family-related elements.

Our 1-day programme supports and benefits both employees and employers:

Increase Reputation

Be known as an organisation that care about their employees- helpful towards attracting, retaining and growing talent.

Reduce Presenteeism

By educating staff about Youth Mental Health, employers develop their knowledge to more confidently address any issues - rather than worry about them in an unhelpful way.

Reduce absenteeism

Working parents who feel equipped and confident to tackle their concerns will reduce their own stress - increasing their own level of positive health and resilience.

EMPLOYERS

EMPLOYEES

Help your kids effectively

Learn to understand, help and navigate through challenges and changes that you recognise in your children's mental health.

Recognise symptoms

Learn to recognise the signs and symptoms of poor mental health for what they are, despite the potential of feeling overwhelmed and upset in the moment.

Increased resilience

Have tools and techniques to initiate 'in the moment resilience' but also longer-term strategies to help create thriving young people alongside thriving parents

Programme Overview & Content

This programme's purpose is to support employers with helping the working parents in their organisation take control and increase their mental resilience.

Our 1-day programme suits 6-16 delegates at a time, and takes place in a safe, inclusive learning environment offering a mixture of slides, discussion, and statistics, dedicated to parents and carers who want to know how to support young people who are going through change.

The program takes place in two main sessions:

Session 1 - 9:30 - 12:30

Youth Mental Health Awareness

Objective: Working in one group, increase awareness and gain knowledge to understand mental health for young people.

- Common mental health challenges for young people
- The facts, the fads, the myths
- Identifying the signs & symptoms
- Toolbox – how to support
- Listening approaches
- In the moment approaches
- Long term strategies
- Self care and boundaries

Session 2 - 13:30 - 16:30

Mental Resilience Coaching

Objective: Increase confidence to effectively put in place fit-for-purpose strategies.

- Discover root causes of what's getting in the way (individually)
- Become more self-aware to enable healthier choices
- Increase awareness of limiting beliefs and explore healthy mindset options
- Find the right strategy and way forward (individually)
- Increase confidence to take the right next steps

* Please note - access to an additional room will be required for the small group coaching in session 2.

Programme cost (including workbooks):

£2,400 (ex. VAT)

For more information or to book, please contact:

**paula@mywhitedog.com, or
belinda@belindawestwood.com**

A note from the training team:

We are experienced mental health trainers and development coaches of many years, and both discovered - especially over recent months - how our learners increasingly talk about their worries about their children's mental health, and the stress this is causing them as working parents. So, we've come together with our combined skills and experience to bring this bespoke programme to help.

Paula & Belinda

Meet your Trainers



Paula Power

MHFA Instructor Member

Paula has been facilitating interactive learning experiences for adults in the work and educational settings since 2002, and more recently with a specific focus on mental health and wellbeing in the workplace since 2018 as an associate member for MHFA England.

Her continued professional development is in Positive Psychology and Coaching Psychology at Master level with the University of East London; and she continues to develop at a practical level as a mentor and facilitator for young people in Swindon, Wiltshire and Gloucestershire. Her work has taken her to South Africa, Central East Africa, Hong Kong and Asia.

At a personal level, Paula has a teenage daughter; she is also a regular volunteer for Youth Charities, and an active swimmer and cyclist.

Paula's approach is person-centred and she is passionate to develop others. It is important to her that people feel that they can develop their skills in a safe and natural environment.

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Belinda Westwood

MHFA Instructor Member

Belinda is a business psychologist with many years' organisational and leadership development experience, and specialises in employee engagement, strategic workplace wellbeing and relational leadership.

Her corporate business background lies in the health industry in both commercial and people functions, and more recently providing bespoke solutions to businesses across various industries. She is also an associate member of MHFA England and a professional certified coach with the International Coaching Federation.

At a personal level, Belinda spends a lot of time with her family - husband, two daughters (early 20's) and 3-year old grandson. Belinda volunteers for SHOUT, a crisis text line, and enjoys long walks in the countryside.

Belinda's passion for people and combination of commercial savvy and genuine people skill is what you can expect when working with her.

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