



Managing Health & Wellness at Work

Manage mental health and wellness in the workplace through effective strategies and preventative measures.

Programme Investment

2025

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25 – 26
March 2025



2 Days
(08:30 – 16:30)



Devon Valley Hotel
Stellenbosch
& Remote via Zoom

DAY 1: Managing Health & Wellness

- Discuss the meaning of mental health.
- Discuss approaches to organisational wellness.
- Examine the impact of poor mental health on performance, productivity, and profitability.
- Describe organisational mental health threats, such as "invisible disabilities."
- Explain barriers to disclosing mental illnesses in the workplace.

DAY 2: Organisational Mental Health Management

- Present the ethical, financial, and legal reasons why organisations and leaders must address mental health.
- Recommend preventative measures and supportive strategies to promote mental health and wellness in the workplace.

ASSESSMENTS:

Formative: Reflection Activity (In-class Participation) and Multiple Choice Quizzes | **Summative:** 1 x individual integrated course assignment.

WHY:

This course aims to equip leaders with the knowledge and skills needed to address mental health and wellness in the workplace. Participants will learn how to implement supportive strategies and preventative measures to mitigate mental health risks and enhance overall wellness.

LEARNING OUTCOMES:

- Explain the significance of mental health and wellness in the workplace.
- Discuss the prevalence, impact, and prevention of mental health threats, particularly "invisible disabilities," in the workplace.
- Discuss the ethical, financial, and legal reasons why organisations should prioritise mental health.
- Recommend preventative measures and supportive strategies for managing mental health and wellness in the workplace.

ENQUIRIES / APPLICATIONS

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