

Mental Health Mastery



The concept of mastery has great health benefits. Identify the aspects that affect your mental health well-being, understand them, process them and master them.

COURSE TYPE

Short Course

Value added - unaccredited

DURATION

7 Sessions

2 hours per session

CERTIFICATE

Attendance

Issued by Amalga Training

WHO ATTENDS

All Professionals

No prior learning listed

About this Course

Think about how you feel when you achieve something: when you tick something off your to-do list, master a new skill, or face something you are afraid of. Mental health mastery is about tapping into those aspects that can have a negative effect on your mental health well-being, identifying these aspects, understanding them, processing them and ultimately mastering this mental health skill to improve your overall mental health well-being. The specialised course consists of seven sessions and can be customised to suit each company's individual needs.

Who Should Attend

The course is open to **all professionals**:

- ▲ **Employees at any level** wanting practical tools for their own well-being.
- ▲ **Managers and supervisors** leading teams through pressure and change.
- ▲ **HR and wellness practitioners** running employee wellness programmes.

By the end of the course, a delegate will be able to:

Understand emotions 01

Identify and understand the emotions affecting their mental health well-being.

Reduce anxiety 02

Take back their life and reduce the anxiety that comes with it.

Cope at work 03

Cope with negative experiences encountered in the workplace.

Work through the past 04

Follow a practical guide to overcoming past negative experiences.

Understand relationships 05

Explore the dynamics of relationships and what they contribute.

Assert and set limits 06

Boost self-esteem, be assertive and set healthy boundaries.

COURSE PATHWAY ► THREE MODULES ACROSS SEVEN TWO-HOUR SESSIONS, THEN A CERTIFICATE OF ATTENDANCE

1 MODULE

Emotions

2 Topics

Emotions, and reducing anxiety.

2 MODULE

Negative Experience

2 Topics

Coping at work, and overcoming the past.

3 MODULE

Self & Relationships

3 Topics

Relationships, self-esteem and boundaries.

★ FINAL

Certificate

Attendance

Issued on completion of the seven sessions.

Three modules over seven sessions

The seven course topics are grouped into three modules: the emotions themselves, the negative experience that has to be worked through, and the self-esteem, relationships and boundaries that hold the rest in place. The course can be customised to suit a company's individual needs.

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MODULES

7 topics · 7 sessions

MODULE 1

Understanding and Managing Emotions

2 TOPICS

- ▶ **Understanding Emotions**
Identifying and understanding the emotions at play.
- ▶ **Reducing Anxiety**
Taking back your life and reducing anxiety.

MODULE 2

Working Through Negative Experience

2 TOPICS

- ▶ **Coping in the Workplace**
Coping with negative experiences in the workplace.
- ▶ **Overcoming the Past**
A practical guide to overcoming past negative experiences.

MODULE 3

Self and Relationships

3 TOPICS

- ▶ **Relationship Dynamics**
Exploring the dynamics of relationships.
- ▶ **Self-Esteem**
Getting a self-esteem boost.
- ▶ **Assertiveness and Boundaries**
Being assertive and setting healthy boundaries.

Certification & Benefits

Each delegate receives a certificate of attendance on completion of the seven sessions. As value added training, the course contributes to:

- ✓ Employee wellness
- ✓ Mandatory grant (MG) spend
- ✓ B-BBEE skills development
- ✓ Value added training