XCELERATE TRAINING INSTITUTE

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HUMAN RESOURCES MANAGEMENT (HRM)

Employee Wellbeing and Mental Health at Work Training Course

Creating Healthy, Resilient and High-Performing Workplaces

DURATION	LANGUAGE	FORMAT	COURSE CODE
3 days	English or Arabic	Classroom / Online	CRS-102

Upcoming dates

Dates	Venue	Format	Fee
4 – 6 Jan 2027	Geneva	Classroom	€3,200
8 – 10 Mar 2027	Istanbul	Classroom	€2,600
17 – 19 May 2027	Kuala Lumpur	Classroom	€3,900
26 – 28 Jul 2027	London	Classroom	€3,200
6 – 8 Sep 2027	Madrid	Classroom	€3,200
8 – 10 Nov 2027	Manama	Classroom	€2,600

Register or ask a question

Online: x8ti.com/course/employee-wellbeing-and-mental-health-at-work-trainin…

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Employee Wellbeing and Mental Health at Work Training Course

Introduction

Stress, burnout and poor wellbeing reduce productivity and engagement and increase absence and turnover. Organisations increasingly see employee wellbeing as a strategic priority and expect managers to support their teams.

This course helps HR professionals and managers understand the drivers of wellbeing, recognise early signs of stress and burnout, have supportive conversations, and design workplace wellbeing programmes that make a real difference.

Learning Objectives

By the end of this course, participants will be able to:

- Understand the business case for employee wellbeing
- Recognise signs of stress, burnout and mental health concerns
- Hold supportive conversations and refer appropriately
- Design work practices that reduce stress
- Build a workplace wellbeing strategy and programme
- Measure the impact of wellbeing initiatives

Training Methodology

This course combines short expert presentations with practical exercises, case studies from the Gulf and international organisations, group discussions and work with real templates and tools. Participants are encouraged to bring examples from their own work so that the learning can be applied immediately.

Participants discuss case scenarios, practise supportive conversations and design a wellbeing plan.

Benefits for Your Organisation

- Higher engagement and productivity
- Lower absence and turnover
- Managers able to support their teams
- A stronger employer brand
- A healthier organisational culture

Benefits for You

- Understanding of wellbeing and mental health at work
- Skills for supportive conversations
- Tools to manage your own resilience
- Ability to design wellbeing initiatives
- Confidence supporting colleagues

Who Should Attend

This course is designed for:

- HR managers and HR business partners
- Managers and team leaders
- Wellbeing and engagement coordinators
- Occupational health and HSE professionals
- Employee experience teams

Course Outline

Day 1: Wellbeing at Work

- Dimensions of wellbeing
- The business case
- Stress, burnout and their causes
- Recognising early warning signs
- Personal resilience

Day 2: The Manager's Role

- Supportive conversations
- Psychological safety in teams
- Workload, flexibility and job design
- Referral and support options
- Confidentiality and boundaries

Day 3: Wellbeing Strategy

- Designing a wellbeing programme
- Policies and leadership commitment
- Measuring wellbeing
- Communicating and engaging employees
- Action plan

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Registration Form

Employee Wellbeing and Mental Health at Work Training Course

Preferred dates: ..... Venue or online: .....

Duration: 3 days Language: .....

Please complete and email this form to us, or register online. We confirm your place and send the invoice within one working day.

Delegate information

Full name (Mr / Ms / Dr / Eng): .....

Position: ..... Telephone / mobile: .....

Official email: ..... Personal email: .....

Company information

Company name: .....

Address: .....

City / country: ..... VAT / tax number: .....

Person responsible for training & development

Full name (Mr / Ms / Dr / Eng): .....

Position: ..... Telephone / mobile: .....

Email: .....

Payment

☐ Please invoice me ☐ Please invoice my company

Signature: ..... Date: .....

Call
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Email this form
info@x8ti.com

Register online
Open the course page