



# An Holistic Approach to Mental Health Awareness in WSH

## SDU 14 Points

### Synopsis

This two-day workshop offers a practical guide to understanding and managing mental health and well-being in Workplace Safety and Health. It covers stress management, enhancing mental well-being, and creating supportive environments. Through lectures, discussions, reflections and activities, participants will learn strategies like self-care, positivity and boosting psychological capital.

By the end of the workshop, participants will have a personalized self-care plan, learn strategies to harness positivity and create a mental action plan to enhance their psychological capital, aiding both personal and workplace mental well-being

### Programme Outcome

- Understand Mental Health and stress
- Discuss types of stress and their impact on sleep, appetite and daily performance
- Explore stress effects and prevention on health and discuss common stress-related ailments
- Share strategies to manage stress through therapies, hobbies and healthy lifestyle
- Strategies for improving Mental Well-being
- Develop a personal self-care plan through lectures, discussion and activities
- Explore positive thinking with lectures, videos and group exercises
- Understand and cultivate psychological capital with lectures, videos and personal action plans

In conclusion, the workshop provides practical tools and strategies for managing mental health, enhancing well-beings and supporting others personally and professionally. **“There is No Health Without Mental Health” by World Health Organization.**

### Who should attend

- Senior Managers / Business Owners who formulate policies on safety practices and operating culture.
- Workplace Safety and Health professionals
- Human Resources practitioners
- Anyone interested in building strong mental well-being.

### Trainers' Profile

Dianna Olivia Lim is the founder and Principal of Aromaart International Pte Ltd with more than 25 years of experience in complementary therapies in health care industry as a therapist and an education provider for Aromatherapy, Lymphatic Drainage course, Diet & nutrition in both English and Chinese. While serving SISO Academy as Training Manager, she is also an active volunteer in Eldercare and the needy.

William entered the Skillsfuture training space in 2008. He brought with him thirty years of corporate experience in industries spanning manufacturing, fast-moving consumer goods, and logistics. These experiences gave him profound insight into the dynamics of workers and management relationships.

He has over a decade of experience conducting various WSH courses spanning from operations to managerial levels. He has also collaborated with SISO Academy to develop and conduct specialized professional development programs in Emotional Intelligence, Engaging Multi-generational Workforce, Effective team Engagement, Creative Ways of Generating Ideas for WSH Professionals, Code of Ethics For WSH Trainers, and Coaching Skills for WSH Professionals.

William's latest interest is in workplace wellness. He strongly believes that poor mental health is more hazardous to workplace safety than other forms of hazards because it has few overt signs – most of the time, it is invisible until the conditions erupt or explode, and it usually results in very nasty consequences.

For this concern, he has taken a new project under the Total Workplace Safety and Health initiative to visit various construction sites to share ideas with migrant workers on managing occupation stress.

#### Course Fee:

SISO Member: S\$490.00  
Non SISO Member: S\$540.00

Course dates: 1. 22-23 Oct 2024    2. 11-12 Dec 2024

Time: 9am to 5 pm per day

*(Fees include GST and e-training materials)*

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