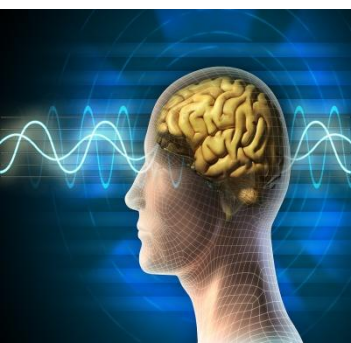


Workplace Health & Wellbeing

course

26 May – 30 June 2015



lecturer

Stelmart Khalil

Workplace Health & Wellbeing

course

DATES

26 May, 2 June, 9 June, 16 June, 23 June and 30 June 2015

FEE

Members - €250 per participant

Non Members - €300 per participant

LECTURER

Stelmart Khalil

DURATION

6 Lectures of 2 hours each

Lectures will be held from 4pm to 6pm

VENUE

Malta Employer's Association, 35/1, South Street, Valletta VLT 1100, Malta

For further information / REGISTRATION

Dorianne Azzopardi Cilia

admin@maltaemployers.com

t: (+356) 21 237585, 21 222992

TESTIMONIALS

"This course which was spread over 6 sessions has covered enough topics and issues all related to Workplace Health and Well being.

I am very pleased and satisfied to have attended to this course since it has now made me more vigilant at my place of work, and am sure that I can be of assistance to my working colleagues in the coming future."

- *Joseph Bonett, Manager, Avantech Ltd*

"I would like to thank you for organizing this course as I personally have found it a real eye opener. It was extremely informative and actually found myself looking at things / people with a completely different lens. Mental Health issues are always a sensitive subject especially when you are dealing with employees who has or had such problems. Stelmart was amazing at how it was presented to us and also in assisting me when I was dealing with a very difficult situation at work, right after the course was completed.

I personally would recommend this course to not only Human Resources Managers and top management but also middle management, because they are the first contact with the employees. The company would benefit more if the symptoms are noticed in the beginning, as that is when it will be easiest and cheapest way of correcting it, besides obviously the fact that you could avoid a lot of stressful situations to all involved."

- *Sonya Xerri, General Manager, Eagle K Wear Co Ltd*

Recent evidence across EU Member States classifies exposure to psychosocial risks as the main workplace health and safety risk (Eurobarometer Working Conditions, 2014). This results in a huge cost for employers if left unaddressed. Unsurprisingly, surveys have revealed that exposure to such risks result in lower productivity as well as make it difficult for businesses to retain staff, which in turn leads to increased costs for recruitment and training.

course **OBJECTIVE**

This training programme provides information, advice and practical support for managers on how to identify, prevent and manage psychosocial risks at the workplace. Furthermore, it aims to raise awareness on how mental health issues are manifested in the work environment, how to identify mental health issues at the work place and how to support an employee experiencing mental health problems. The aim is to gain the necessary tools and knowledge to prevent, identify and manage mental health issues at work. Additionally, this training programme will discuss preconceptions surrounding mental health as well as discuss the importance of good mental health and the impact it can have on your workplace.

target **AUDIENCE**

To all employers, managers and HR and OHS practitioners.

learning **METHODOLOGY**

The course will consist of a balanced combination of presentations, question-and-answer sessions and discussions.

SYLLABUS

- ➔ **Defining and managing psychosocial risk factors at the workplace**
- ➔ **Psychosocial risk assessment and Legal Obligations in Malta**
- ➔ **The impact of poor mental health on businesses; how do we view mental health at work?**
- ➔ **Identifying the main mental health conditions, their symptoms and treatment**
- ➔ **Supporting employee wellbeing in remaining and returning to work after illness**
- ➔ **The benefits of having a mental health policy**

trainer **PROFILE**

Stelmart Khalil has been involved in the area of mental health and employment for the past 8 years, through her work as Employment Services Coordinator with Richmond Foundation and currently, since 2010, as Coordinator of the Employee Support Programme within the Public Administration HR Office, Office of the Prime Minister. She is responsible for the development of the employee support and wellbeing services across the Public Administration through training and awareness sessions as well through the service delivery at the Unit. She is also involved with a number of private organisations delivering training and support on wellbeing at work.

Academically, she holds a B.Sc. (Hons) in Occupational Therapy and a M.Sc. in Workplace Health and Wellbeing (Nottingham). She is currently a student with the University of Nottingham in the Professional Doctorate in Workplace Health and Wellbeing Programme as well as concluding the final year of a post-graduate diploma in Gestalt Psychotherapy with the Gestalt Therapy Training Institute Malta.

non **ATTENDANCE & CANCELLATION** policy

Non-attendance of booked delegates may deny someone on the waiting list for the course the opportunity to attend. If you book a place but do not attend the course and fail to notify us, then MEA reserves the right to charge you the full cost of the course fee. Reimbursement shall be possible only if cancellations are made 3 days prior to the event. Substitute delegates will be accepted at no additional charge.

CERTIFICATION

A certificate of attendance will be awarded to participants who attend all lectures.

Since the course will consist on intensive sessions with heavy participant involvement and discussion, attendance is limited to a maximum of twenty persons. Applications will be accommodated on a first come first served basis.

We reserve the right to alter the programme due to circumstances beyond our control.

REGISTRATION FORM

Workplace Health & Wellbeing Course 26 May – 30 June 2015

SURNAME (Mr/Ms/Dr) _____

FIRST NAME _____

POSITION _____

FIRM/ORGANISATION _____

ADDRESS _____

TEL _____

EMAIL _____

A remittance for € _____ is enclosed.

Course fee*: Members - € 250 per participant
Non Members - € 300 per participant

Please note that payment of the course fee needs to be made up front and that bookings will only be confirmed upon receipt of payment.

For registration please complete this form. Forms accompanied by payment should be sent to:
Malta Employers' Association
35/1, South Street
Valletta VLT 1100

Cheques should be made payable to: Malta Employers' Association.