

Mental Health Mastery

Course Details

COURSE TYPE Value Added Unaccredited Training

COURSE TITLE Mental Health Mastery

TARGET AUDIENCE All Professionals

DURATION 7 sessions of 2 hours

CERTIFICATE TYPE Attendance

BENEFITS: Employee wellness, MG spend & B-BBEE and



AMALGA



The concept of Mastery has great health benefits.

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're afraid of. What happens to your mood? Overall, if you can master all aspects related to or affecting your mental health and well-being you will be a happier and healthier person. Mental health mastery is all 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 subsequently improve your overall mental health well-being.

The specialised course consists of 7 sessions and can be customised to suit each company's individual needs

The topics we cover include the below:

- **Understanding** emotions
- **Taking back** your life and reducing anxiety
- **Coping** with negative experiences in the workplace
- **Exploring the dynamics** of relationships
- **Get** a self-esteem boost
- **Practical guide** to overcoming past negative experiences
- **Being assertive** and setting healthy boundaries.