

# Your People Matter. So Does Their Mental Health.

## MENTAL HEALTH & WELLBEING COURSES Helping People Thrive – At Work and Beyond.

At MCI Solutions, we believe that healthy, high-performing workplaces are built on the wellbeing of their people.

Our Mental Health & Wellbeing courses are designed to equip individuals and teams with the tools, strategies, and support they need to grow, connect, and succeed.

Because when people feel supported, they don't just do well - they flourish.



# Course Offerings

Our catalogue presents a variety of courses delivered virtually or face-to-face. Some of these are available in our public schedule and ready to book, while others can be delivered as closed sessions tailored to your organisation.



## Virtual Courses

- Bullying and Harassment
- Exploring the Impact of Remote Working
- Focused Recovery - Tools for Managing Burnout
- Growth Mindset
- Managing Anxiety
- Psychological Safety
- Recharge your Batteries
- Stop, Reflect, Take Action – Managing High Workloads
- Understanding and Harnessing Strengths
- Valuable Conversations

## Face-to-Face Courses

- Masterclass in Psychosocial Risk Management
- Psychological First Aid
- Vicarious Trauma
- Working with Distressed and Vulnerable People
- Workplace Mental Health Essentials

## Virtual or Face-to-Face Courses

- Building Team Culture
- Conflict De-escalation Strategies
- Handling Aggressive Behaviour for Leaders
- Professional Etiquette
- Respectful Behaviour

# Why It Matters

Supporting mental health isn't just good business - it's a commitment to your people. With flexible delivery and a wide range of topics, MCI Solutions helps build cultures where everyone can thrive.

**Ready to take the next step? Get in touch with our team to discuss your needs.**