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HIGHBROOK - AUCKLAND

GUEST SPEAKER:

**LISA DUCAT**

Community Engagement & Health  
Promotion Officer



**TOPIC:** Why mental health  
is becoming such an issue in the workforce.

**TIME OF SESSION ONE**  
7:30am to 9:15am  
**Breakfast Provided**

**TIME OF SESSION TWO**  
10am to 12:30am  
**Lunch Provided**

**WHERE:** Fisher House, 117 Kerwyn Ave, Highbrook, Auckland

**WHEN: Tuesday, 27 February 2018**

**COST:** \$65.00 plus GST - per person



# Workplace Wellbeing

**Workplace Wellbeing** is a collection of resources and information put together by the Mental Health Foundation to help businesses and organisations obtain optimal mental health for their people.

**As an employer or manager**, you know it's your people who provide the greatest potential for success in your business. Maintaining optimal mental health at work is therefore, too important to be left to chance and employees and employers will benefit from an active approach towards mental health in the workplace.

**Open Minds** is a **Like Minds, Like Mine Project** equipping managers with the confidence and skills to talk about mental health in the workplace.

The **'Five Ways to Wellbeing at Work' Toolkit** is a step-by-step guide to improving mental wellness in your workplace. It includes fact sheets, tools, templates and games to use with your staff.

**'Working Well – A Workplace Guide to Mental Health'** is for Human Resources, Health & Safety, Occupational Health & Wellbeing Managers interested in boosting workplace wellbeing.

## Session ONE:

### JOIN US TO FIND OUT ABOUT:

- 1:** Why mental health is an issue for workplaces and how do we address this.
- 2:** What we are talking about when we talk about 'mental health'.
- 3:** How as an organisation, are you able to support positive mental health.
- 4:** Where to find out more.

## Session TWO:

**This session** looks at where workplaces can act to support positive mental health of staff and ways to start mental wellbeing programmes in the workplace.

### JOIN US TO FIND OUT ABOUT WHERE TO START:

- 1:** How can workplaces impact mental well-being?
- 2:** What can you do to reduce risks and increase protective factors?
- 3:** Some steps to take away to begin your mental well-being journey.

## FIVE WAYS TO WELLBEING



Your time,  
your words,  
your presence



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

## SPEAKER PROFILE:

**Lisa Ducat** works in Health Promotion and Community Engagement at the Mental Health Foundation of New Zealand.

Her area of focus is mental wellbeing at work, including the development and delivery of workplace resources and information.



Lisa facilitates workshops that give attendees practical steps that can be used immediately in the workplace.

Most recently, Lisa led the successful launch of the *Open Minds* resource that supports managers wanting to have conversations with their staff about mental health issues.

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**'BE A VOICE NOT AN ECHO' – ALBERT EINSTEIN**

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