

Managing Mental Health in these Challenging Times

Trainer: David Beeney



David Beeney

David Beeney enjoyed a successful career in newspapers and magazines for over 30 years, he was the MD of a regional daily newspaper and Commercial Director for Auto Trader. However, since outing himself in 2016 about his secret battles with panic attacks he believes that he has now found true purpose and has committed to spend the rest of his life eradicating the stigma of mental health. His business Breaking the Silence has quickly established itself as one of the leading advisors in the UK on 'mental health in the workplace' and David has helped many of the leading brands in the UK to create kinder more compassionate cultures of trust. He was recognised in 2018 and 2019 as one of the top 101 influencers globally on employee engagement. David is a qualified Mental Health Counsellor affiliated to the BACP (British Association of Counsellors and Practitioners) and a trustee for Mind.

Our mental health has never been so challenged on mass as we struggle to cope with the coronavirus. In this webinar we look at the best ways of maintaining our mental resilience as we attempt to come out of a range of lockdown scenarios.

Learning outcomes include:

- We look at how to spot the signs that a colleague maybe suffering with poor mental health and then how best to start a wellbeing conversation without making them feel awkward.
- We look at the importance of using the right language to encourage honest and open conversation about wellbeing
- We look at how you can assess your own mental health and improve your own levels of personal resilience during challenging times.
- We look at how to inspire our fellow employees to be more open by saying 'it's okay not to be okay' and by sharing our own vulnerabilities