



Manchester Law Society  
Instituted 1838 Incorporated 1871



## Next Generation Leadership Development Programme

### 1. A Road Map to Positive Mental Health and Wellbeing at Work

3<sup>rd</sup> November 2020

Irwin Mitchell, One St Peter's Square, Manchester, M2 3AF

Registration: 09:00 – 09:30 Workshop: 09:30 – 16:30

**Cost to attend:**

MLS Members £150.00 + VAT (£180.00) Non Members £190.00 + VAT (£228.00)

Join us for this one day masterclass delivered by medical doctors who specialised as consultant psychiatrists, Dr Libby Artingstall and Dr Sile McDaid. Throughout the day you will learn about how to look after your own mental health and wellbeing, support colleagues and promote a positive culture across your organisation.

#### **Learning objectives:**

- Develop the knowledge, confidence and skills so that you can:
  - **Promote** positive mental health and wellbeing in yourself and others
  - **Prevent** mental ill health from developing
  - **Detect** signs of mental health problems early
  - **Intervene** early and signpost to ensure the right support
  - **Support** recovery for those experiencing difficulties
- Develop and implement a meaningful mental health strategy based on the 'Mental Health Core Standards' recommended in the Thriving at Work Review and current legal requirements.

**Book today so that you and those within your organisation can thrive in a happy, healthy and productive workplace.**

#### **About the trainers:**

Dr Libby Artingstall and Dr Sile McDaid founded TMH as they are passionate about using their knowledge, clinical experience, lived experience and the evidence-base to make a meaningful difference across organisations, and ultimately our wider communities.

To book your place please complete the form and return to [CarlaJones@manchesterlawsociety.org.uk](mailto:CarlaJones@manchesterlawsociety.org.uk) or click here to book online



## **Next Generation Leadership Development Programme A Road Map to Positive Mental Health and Wellbeing at Work**

Please reserve me .....place/s on the above conference at £150.00 + VAT (£180.00) for Member delegates and £190.00 + VAT (£228.00) for non-member delegates, I will pay by cheque made payable to the Manchester Law Society or by bank transfer to Manchester Law Society at the bank account number: 02014114 Sort Code: 01-05-31 using the delegate name and course or the invoice number as a reference.

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**Please note payment must be received prior to the event.**

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14378 Manchester, or email your form to  
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[VictoriaRidge@manchesterlawsociety.org.uk](mailto:VictoriaRidge@manchesterlawsociety.org.uk)

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