



**WELL-BEING
CHAMPIONS
NETWORK™**

WELLBEING FIRST RESPONDER

Learn to:

- Understand the impact of mental health & wellbeing on work performance
- Apply practical techniques for managing stress & promoting emotional wellbeing
- Provide basic care & support to individuals experiencing a mental health crisis with active listening, empathy & Psychological First Aid



Duration: 4 hours



Mode of delivery: Physical



Group size: 10 to 15 pax



Pre-requisites:
Sign up through Well-being Champions Network

Champion workplace wellbeing



REGISTER NOW



Eligible for 2 CPD Points (CPD/264/T2.0/242404)



Course Description:

The Wellbeing First Responder course provides learners with foundational knowledge on the promotion of mental wellbeing and practical skills to manage stress. Through interactive learning, case studies, and role-playing exercises, learners will gain hands-on experience in applying active listening, empathy and Psychological First Aid techniques to provide support to colleagues with mental health needs at the workplace.



Module 1: Mental Health Awareness

Understand the impact of mental health on work performance and overall wellbeing

01



Module 2: Practicing Self-Care

Identify techniques for managing stress and promoting emotional wellbeing

02



Module 3: Supporting Colleagues With Mental Health Needs

Identifying signs of stress and applying techniques such as active listening and empathy to support colleagues experiencing mental health challenges

03



Module 4: Providing Psychological First Aid (PFA)

Learn how to apply PFA support in different context through role play and case studies

04

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Tripartite Alliance partners

