

2022

# LEADING FROM THE TOP WORKPLACE TRAINING

Increase your employee productivity, satisfaction, and engagement by creating and supporting a mentally healthy workplace.



**The mental health of your company IS your business.  
Prioritize, commit and strengthen the mental health of your team.**



# FROM THE FOUNDER

**Prevention and early intervention** are the most effective ways to support workforce mental health, rather than tackling problems after they arise. The steps needed to encourage this cultural shift are, in the majority of cases, simple – but they need to be driven at a senior level to help implement lasting change.

The hope is that workplaces **across the country** all strive to create a culture in which the mention of depression, anxiety, post-trauma, and other common illnesses become as mentionable as diabetes, hypertension, and migraines.

Did you know that **20%** of working professionals live with a mental health condition, yet, **less than 50% of those professionals reach out for mental health services?** Together, we can change that!

Virtual and in-person delivery of the **Leading From the Top Workplace Training** gives you the tools to strengthen the mental health of your company, and take the success of your team to the next level.

I look forward to working together!

Be well,

**Erin Callinan, MSW**

Consultant, Speaker, Author  
Mental Health First Aid Instructor  
Founder of Beneath the Brave

[erin@beneaththebrave.com](mailto:erin@beneaththebrave.com)

[beneaththebrave.com](https://beneaththebrave.com)

602-902-1373



# TRAINING MODULE BREAKDOWN



## **1. IDENTIFY THE IMPACT: BRINGING OUR MENTAL HEALTH TO WORK**

- Understand the prevalence of mental health conditions
- Disrupt attitudes about mental health challenges by addressing myths and facts
- Reduce workplace stigma by learning the "do's" and "don'ts" of providing support
- Recognize employee burnout, stress, and absenteeism and what can be done about it



## **2. REAL PEOPLE, REAL TALK: BREAKING THE SILENCE**

- Examine the importance of de-stigmatizing language in the office
- Identify signs and symptoms that might indicate an employee needs help
- Determine barriers that contribute to why individuals may not seek help or support
- Address the pros and cons of disclosing mental health conditions in the workplace



## **3. GETTING DOWN TO BUSINESS: COMMUNICATION & CONVERSATIONS**

- Utilize self-assessment tools and resources for early identification and support
- Implement strategies for having conversations about mental health with co-workers/employees
- Practice navigating common mental health scenarios and create action plan with next steps
- Recognize how to request and provide workplace adaptations and accommodations



## **4. ACTION STEPS FOR LEADERS: PROMOTING A CULTURE OF WELL-BEING**

- Amplify company culture by integrating mental health into the hiring and onboarding process
- Design workplace policies that enhance FMLA and return to work practices
- Develop Employee Resource Groups to take the lead on company training and continuity
- Enhance Employee Assistance Programs and ensure federal parity within insurance benefits

# TRAINING STRUCTURE

The Leading From the Top Workplace Training can be delivered to any company, organization, or business looking to prioritize mental health and create a proactive, supportive, and high performing culture of employee wellness.

## **CUSTOMIZABLE DELIVERY:**

- May be facilitated virtually or in person
- Modules do not have to be presented in consecutive numerical order
- Request all 4 training modules or select any number of stand-alone modules
- Freedom to combine module topics into a training that is unique to your company needs
- Secure a training delivery date(s) that best suits your team

## **TRAINING STRUCTURE:**

- Each module is 75 minutes in length
- Registration details and promotional flyers are provided for your internal distribution
- Option to have training modules recorded during live facilitation
- All modules include a certificate of completion for each attendee



# CLIENT TESTIMONIALS



*Sloane Christensen  
Vice President  
Brown & Brown*

"We brought Erin Callinan in for an educational seminar for 90 HR professionals. The challenges each HR professional face and continue to do so is the Mental Health and Wellbeing of their talent.

Everything discussed translated to home life and was applicable on two fronts. I know many of the HR professionals reached out to her and she provided training for them and the C-Suite at their respective organizations.

We have since worked with Erin on a local Sr. Level HR group here for training and is well received. The experience with Erin was fantastic, we could not have asked for a more engaging person.

Her personality is infectious and her ability to connect through her personal experience was captivating. The content provided to our group of HR professionals was spot on."

**"I've been in many roles in education over 30 years and Erin Callinan is one of the best instructors I have seen. She does a really great job of recognizing the comments and input of participants and making them feel like they truly contributed value. Erin's trainings are very high value and worth every minute of time."**

*Murray Inman  
Manager, Instructional Media and Accessibility  
VP, Ability Maricopa Employees with Disability Advocacy Group*

# PRICING SHEET

Leading From the Top Workplace Training pricing is based upon number of attendees and selection of modules.

# OF ATTENDEES	5-50	51-99
Any One Module (75 min)	\$750	\$1,200
Any Two Modules (2.5 hrs)	\$1,400	\$2,250
Any Three Modules (3.75 hrs)	\$2,000	\$3,200
All Four Modules (5 hrs)	\$2,800	\$4,500

**CONTACT ERIN CALLINAN TO REQUEST A  
WORKPLACE TRAINING:**

**EMAIL:** [erin@beneaththebrave.com](mailto:erin@beneaththebrave.com)

**WEBSITE:** [beneaththebrave.com/workplace](http://beneaththebrave.com/workplace)

**PHONE:** 602-902-1373

