



Leading

From the Top

Workplace Training

**The mental health of your
company IS your
business.**



Prioritize Employee Mental Health

Foster a stigma-free environment
and promote access to mental
health resources and support.



Strengthen Communication

Learn to approach sensitive
conversations about mental health
with empathy and compassion.



Transform Workplace Culture

Enhance employee productivity
and increase workplace
engagement and satisfaction.

**YOU PICK THE DATE.
WE PROVIDE THE TRAINING.**

Gain practical tools and strategies to support
employee mental health and promote a company
culture of safety and support.



www.beneaththebrave.com



Real People. Real Life. Real Talk.

75 MINUTE CUSTOMIZABLE TRAINING SESSIONS

IN PERSON & VIRTUAL

1

FROM STIGMA TO SUPPORT:

Identifying the Impact of
Mental Health Challenges
in the Workplace

2

RECOGNIZE AND RESPOND:

A Guide for Navigating
Conversations with Clarity
and Compassion

3

RESHAPING THE WORK EXPERIENCE:

Collaborating to Provide
Mental Health
Accommodations

4

CALMING THE CRISIS:

Using the 3 Step Action
Plan to Respond to a
Mental Health Crisis

FLEXIBLE TRAINING STRUCTURE



Choose your sessions freely! Select one or select them all, in any order you see fit. Companies are welcome to create customized training by combining various topics from different sessions.

LEADING FROM THE TOP SESSION DESCRIPTIONS (75 MIN)



1

FROM STIGMA TO SUPPORT: IDENTIFYING THE IMPACT OF MENTAL HEALTH CHALLENGES IN THE WORKPLACE

Mental health problems at work can lower productivity and morale, and it's often hard to pinpoint what influences mental wellness. Employees might avoid seeking help due to stigma or lack of knowledge about available resources. Gain insight into the experiences of individuals living with mental health conditions and learn strategies for creating a supportive and stigma-free workplace environment.

2

RECOGNIZE AND RESPOND: A GUIDE FOR NAVIGATING MENTAL HEALTH CONVERSATIONS WITH CLARITY AND COMPASSION

Recognizing and understanding mental health issues early on is crucial for offering timely support. Learn to identify common signs and symptoms of mental health challenges, develop essential communication skills, and gain confidence in approaching conversations with empathy and active listening. Identify how to access mental health helplines, support groups, and wellness apps, and ensure that support is accessible and effective.

LEADING FROM THE TOP SESSION DESCRIPTIONS (75 MIN)



3

RESHAPING THE WORK EXPERIENCE: COLLABORATING TO PROVIDE MENTAL HEALTH ACCOMMODATIONS

Discover how customizing job modifications to address mental health needs can create win-win scenarios for both employees and employers. Setting clear boundaries when discussing and supporting employees' mental health can help organizations foster a supportive environment that respects everyone's needs. Empower employees to take charge of their self-care and mental health management, while ensuring they receive the necessary support.

4

CALMING THE CRISIS: USING THE 3-STEP ACTION PLAN TO RESPOND TO A MENTAL HEALTH CRISIS

Develop essential crisis intervention skills, including assessing suicide and safety risks, offering emotional support, and referring individuals to professional help when necessary. Learn to identify what constitutes a mental health crisis by recognizing key triggers and signs for prompt and effective action. Utilize the 3-Step Action Plan to respond, de-escalate, and collaborate with mental health professionals, crisis teams, and emergency services.

PRICE SHEET



VIRTUAL TRAINING

5-39 attendees	\$650/session
40-99 attendees	\$950/session
100+ attendees	\$1,150/session

IN PERSON TRAINING

5-39 attendees	\$850/session
40-99 attendees	\$1,150/session
100+ attendees	\$1,350/session

*Plus \$650 travel day rate & hotel, car, airfare reimbursement for training outside of Phoenix, AZ

"We brought Erin in for an educational seminar for 90 HR professionals. The challenges HR professionals face and continue to do so is the mental health and well-being of their talent. 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. We have since worked with Erin on a local Senior Level HR group for training and is well received."

Sloan Christensen, Vice President
Brown & Brown, Arizona



REQUEST A LEADING FROM THE TOP TRAINING NOW!

CONTACT:

Erin Callinan, MSW
Consultant, Speaker, Author
Founder of Beneath The Brave



erin@beneaththebrave.com



602-902-1373



Meet Erin Callinan, MSW

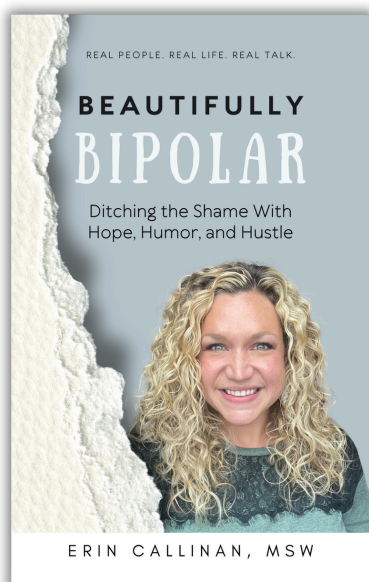


Erin Callinan brings 20 years of executive leadership experience in mental health training, advocacy, workplace development, and crisis intervention. She is a nationally recognized speaker, author, entrepreneur, and peer who is successfully living with bipolar disorder. As the Founder of Beneath the Brave, Erin envisions a world where individuals facing mental health challenges feel empowered to drop the façade of “I’m fine” and ask for help when they need it.

Through Beneath the Brave, Erin helps companies and corporations enhance employee mental health with comprehensive training programs. She develops cutting-edge workshops that equip business leaders with the skills and strategies to build mentally healthy workplace cultures. Erin is the author of *Beautifully Bipolar: Ditching the Shame with Hope, Humor, and Hustle*, and began her career as a mental health advocate and motivational speaker across national stages in 2013.

Erin is a Nationally Certified Instructor for both Adult and Youth Mental Health First Aid and QPR Gatekeeper Suicide Prevention Trainings. She serves as Board President of MIKID, Arizona’s largest family-run mental health nonprofit, which provides support, advocacy, and counseling for children, teens, and young adults living with mental health conditions.

Before launching Beneath the Brave, Erin was Executive Director of Mental Health America of Arizona, where she led training initiatives and legislative advocacy for mental health parity, workplace wellness, and suicide prevention. In 2016, Erin was honored with the Emerging Leader of the Year Award from the National Association of Social Workers while earning her Master of Social Work from Arizona State University.



Erin spent 7 years as the Director of Domestic Violence Response Initiatives at the AZ Coalition to End Sexual and Domestic Violence and was Shelter Manager of a domestic violence crisis shelter prior to that. For over 20 years, Erin has been facilitating training across the country at corporate conferences, prisons, psychiatric hospitals, police headquarters, military bases, and global HR events to over 60,000 people. Her proudest role is being a Mentor at New Pathways for Youth since 2012.

Erin Callinan, MSW, Consultant, Speaker, Author
Founder of Beneath The Brave,
Mental Health First Aid Instructor
erin@beneaththebrave.com
beneaththebrave.com

