UNITED NATIONS SYSTEM STAFF COLLEGE

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ONLINE

01 JAN 2024 - 31 DEC 2024

Workplace Mental Health and Well-being: Lead and Learn

LeadershipManagement



LANGUAGE	DURATION	ENROLL BY	PRICE	LOCATION	TARGET
English	up to 1 week	31 Dec 2024	Free	ONLINE	UN Only

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"Workplace Mental Health and Well-being: Lead and Learn" is a unique self-paced learning path developed by the UN Workplace Mental Health and Well-Being Strategy Team in close cooperation with the UN System Staff College. The objective is to ensure that managers and leaders have the knowledge, skills, and accountability to support staff and create a thriving workplace.

Introduction

Leaders and managers play a crucial role in creating a workplace that enhances mental and physical health and well-being, as well as supporting staff who live with mental health challenges. To address the needs of United Nations personnel and increase their capacity to advocate for and protect mental health, the UN Secretary-General launched the United Nations Mental Health and Well-being Strategy in October 2018. The strategy has been endorsed by the High-Level Committee on Management (HLCM) of the Chief Executives Board for Coordination (CEB).

Objectives

Upon successful completion of the programme, you will be able to:

- Adopt and apply strategies to thrive as a manager and enhance your personal well-being;
- Explain the importance of mental health and well-being in the workplace and your role as a manager in fostering a supportive environment;
- Advocate for stigma reduction and take concrete actions to reduce the stigma associated with mental health problems in the workplace;
- Develop the skills and confidence to support a colleague who is experiencing poor mental health in the workplace.

Course methodology

"Workplace Mental Health and Well-being: Lead and Learn" is a structured learning path. The learning is based on micro-learning modules, videos from subject matter experts, storytelling and scenario-based learning. Course participants will be able to consolidate takeaways through reflective practices and interaction with other participants via discussion forums, and other activities.

Each module is estimated to require approximately two-three hours of study and reflection time to complete at your own pace.

Course contents

"Workplace Mental Health and Well-being: Lead and Learn" is hosted on the UNSSC Blue Line platform. The programme currently consists of the following four modules, each covering different topics related to mental health and well-being:

1. Mental health and well-being in the workplace
2. Personal well-being and the ability to thrive as a manager
3. Addressing the stigma of mental health problems
4. Supporting a colleague with mental health problems

Participants will receive a certificate upon successful completion of the course.

Target audience

UN personnel at all levels.

Cost of participation

Free for UN staff and personnel.