Ben Training

Mental health & wellbeing for the automotive industry

Develop knowledge and practical skills to reduce the impact of mental health issues on your business with a training course for managers and a range of masterclasses for employees
We're here for the automotive industry

BenTraining is made for your business

No other organisation is better placed to help you look after the mental health and wellbeing of your most important asset, your people. Why? Because Ben has always been part of the automotive industry, dedicated to helping and supporting businesses and employees, for over 100 years.

Now, through BenTraining we can provide your business with vital skills and knowledge to reduce absenteeism and improve productivity; helping your people to build resilience and be fit for life and for work.

We work with employers to...

• understand how mental health is affecting your people and your business

• equip both managers and employees with new skills to help them deal with difficult issues

• deliver a simplified referral pathway to our health and wellbeing support services for your business and your employees
How mental health affects your business

One of the largest, single reasons people from the automotive industry contact Ben is for support with mental health challenges.

How Ben can help

Ben can help you to reduce the impact of mental health challenges on your business with a training course for your managers and a range of three 1 hour masterclasses for employees.

1/4

of adults in the UK experience mental health challenges every year

77%

of employees report having had a mental health issue in their lifetime

15 million

absence days attributed to stress, anxiety and depression per year

£26 billion

the cost of mental health conditions to UK employers per year

Mental illness is the leading cause of sickness in the UK

References:

i Business in the Community: Mental Health at Work 2016
ii Office for National Statistics
iii The Centre for Mental Health
Managing mental health in the workplace

Mental health is a complex and diverse subject which can make managing mental health in the workplace difficult and challenging.

Our training equips your managers with the knowledge, skills and tools to confidently navigate mental health challenges within the workplace and effectively manage and support employees.

Learning outcomes

Mental health awareness:
- Understand what mental health is and why it is important
- Recognise the difference between pressure, stress and diagnosable mental health conditions
- Learn how to promote mental health in the workplace

Managing a healthy team:
- Develop strategies to manage and support someone who may have mental health challenges
- Understand the balance between legal and ethical issues
- Be confident in effectively managing and supporting people and know what to do if the situation changes

Turning learning into practise:
- Group work/discussions
- Scenario planning
- Practice using a variety of tools to help manage mental health in the workplace

Training materials

All participants will receive a take away pack with key information and tools to use in the workplace.

Evaluation and monitoring

We use course evaluation and feedback to monitor all of our training to ensure quality and measure impact.
Masterclasses for employees

Our masterclasses provide your employees with practical advice and self-help tips to help them understand and manage mental health challenges and stay fit for life and for work.

These sessions last just 60 minutes and can be delivered to groups of up to 15 people.

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**Work, life, balance**

*It doesn’t have to be a battle*

Managing pressure at work and home is a constant in most of our lives. This session will provide practical tips on how to keep on top of competing pressures and responsibilities. Covering topics such as effective time management, self-calming techniques and lifestyle, the aim is to come away feeling more in control and less as if balancing your life is a constant battle.

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**Managing your mind**

*Mindfulness for beginners*

Studies show that regular practice of mindfulness techniques can have a profoundly positive impact on emotional health and well-being. Mindfulness techniques provide a way to regain control over your mind and your connection to the physical world. Our masterclass gives the basic tools to start your mindfulness journey.

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**Coping with stress**

*Good stress and bad stress*

Spotting and acting on the early warning signs of stress and deteriorating mental health makes a huge difference. In this session you will learn practical tips on what the physical, behavioural, and emotional signs are and learn some ‘mental health first aid’ techniques.
Total health and wellbeing

We aim to improve the health and wellbeing of your workforce, to deliver tangible commercial benefits to your business, and the automotive industry as a whole.

As a not-for-profit organisation, dedicated to the total health and wellbeing of the automotive industry, our services are continually shaped by the needs of the industry, its companies and people.

Let’s work together

With our singular focus on the health and wellbeing of the automotive industry, Ben is uniquely placed to deliver training solutions specific to your needs.

Want to know more? Get in touch with us at bentraining@ben.org.uk or 01344 298135, or find more information at www.ben.org.uk