

Supporting Through Struggle™

A FOUNDATIONAL WORKSHOP ON HOW TO HAVE SUPPORTIVE CONVERSATIONS

Support the growth of your employees, co-workers, and yourself by fostering communication skills to help build teams that care for and look out for the wellness of all.

Workshop Objectives:

- To foster a workplace culture that aligns with *The National Standard for Psychological Health and Safety in the Workplace (MHCC)* by educating managers and coworkers on the principles of supportive interactions.
- To increase each participant's confidence and ability to reach out in a supportive manner to a person who is struggling with emotional or mental health distress.
- To increase each participant's comfort in knowing that they can offer support in a manner that does not negatively impact their own wellness.

Knowledge, Skills and Abilities Achieved

- Knowledge of factors that foster open conversations about mental health and trust in interpersonal relationships.
- Increased self-awareness of personal judgements and emotional reactions, and their impact on a person's ability to support another. Understanding the uniqueness of individual needs.
- Understanding the value of, and skills related to:
 - Empathetic listening; affirmation and validation of another person's opinions and perceptions
 - Respecting a person's choice of what might be helpful and empowering another to self-advocate
 - Recognizing when a person needs a patient listener, or when they are ready to explore next steps or future possibilities
- Increased self-awareness of fears related to offering support, and exploring how to overcome those fears. Includes fears related to asking if a person is experiencing thoughts of suicide.
- Understanding the need for prioritizing our own self-care and maintenance of personal boundaries and activities that foster our own mental wellness.

How

we choose to **respond**

CAN HAVE A TREMENDOUS IMPACT ON WHETHER

the conversation CONTINUES

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COURSE OUTLINE

Led from a place of lived experience, we take a deeper dive into how to have conversations in a way that supports the other person, while still considering your own self care.

This interactive 1 day workshop strengthens your ability to support someone who may be struggling with a mental health challenge and or addiction - socially, emotionally, and practically.

A participative approach using practical conversational learning to engage all participants is used. Includes hands on activities, in depth conversations, story-telling, experiential learning and self reflection.

1 THE PRACTICE OF SELF AWARENESS

2 MEETING SOMEONE WHERE THEY ARE AT

3 BEING AWARE OF OUR FEARS & OVERCOMING CHALLENGES

3b LET'S STOP FEARING THE CONVERSATION OF SUICIDE

4 SETTING COMPASSIONATE BOUNDARIES

5 YOU ALSO MATTER: SUPPORTING YOUR OWN SELF CARE

Anyone can benefit from this course.

From psychological health and safety in the workplace to schools and community groups to friendships and families, this workshop is designed to assist individuals who are looking to further develop their capabilities and confidence to support someone living with a mental health challenge.

A collaborative creation by Hayley Peek & Kim Sunderland



hayley@SupportingThroughStruggle.com

kim@SupportingThroughStruggle.com

www.SupportingThroughStruggle.com

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