



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

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Mental Health & Wellbeing in the Workplace

Overview

Employee wellbeing is directly linked to productivity, engagement, and retention. This seminar raises awareness of mental health in the workplace, helps employees recognise signs of stress and burnout, and equips them with strategies to build resilience. Participants will learn practical tools for self-care, stress management, and creating supportive team environments.

Key Objectives

By the end of this seminar, participants will be able to:

- Understand the importance of mental health and its impact on workplace performance.
- Recognise signs of stress, anxiety, and burnout in themselves and colleagues.
- Apply practical techniques for stress management and resilience.
- Promote a culture of wellbeing through empathy, communication, and support.

Value Added

This seminar equips employees with self-care tools, encourages open discussion about mental health, and supports organisations in building a healthier, more engaged workforce.

Who should attend?

This seminar is ideal for:

- Employees at all levels
- Supervisors and team leaders
- HR, wellness, and training managers
- Health & Safety representatives
- Anyone interested in personal wellbeing and stress management

This seminar consists of the following 15 topics

Topic 1	Understanding mental health in the workplace
Topic 2	The link between wellbeing and performance
Topic 3	Common workplace stressors
Topic 4	Recognising signs of stress and burnout
Topic 5	Identifying anxiety and depression in colleagues
Topic 6	The role of resilience in workplace success
Topic 7	Stress management techniques (practical tools)
Topic 8	Mindfulness and relaxation exercises
Topic 9	Building a positive mindset at work
Topic 10	The role of communication in wellbeing
Topic 11	Supporting colleagues through empathy and awareness
Topic 12	Balancing work and personal life
Topic 13	Importance of breaks, rest, and recovery
Topic 14	Creating a culture of wellbeing at work
Topic 15	Employee resources and where to get help

Additional Information

Duration	3-Hour Seminar	
Includes	• Seminar notes • Refreshments (not applicable to on-site / online training)	• Free telephonic after-training support • Electronic Attendance Certificate

PST Training (Pty) Ltd has been assessed and accredited as having satisfactorily met the MICT ETQA Specified Training Provider criteria. It provides an accepted benchmark of knowledge and skills, ensuring specified levels of competency and ability in terms of industry standards. Accreditation Number - ACC/2007/02/603.