

## Training **Lead healthily – Influence the mental health of your employees in a positive way**

### Description

Leaders have a key role concerning the healthiness of their employees. Lots of leading people are not aware yet that the style of leading has a big impact especially on mental health. Therefore, lots of leaders do not explicitly deal with the fact, what they can positively contribute to the mental health of their employees.

In the training „Lead healthily“ leaders study which fields of action have influence on the mental health of their employees and they get to know tools and methods to lead actively and sustainable in a healthy way. Based on the experiences of the participants actual challenges are reflected and practical improvement possibilities are developed.

In an online follow-up meeting one month after the training stumbling blocks in the transfer of the actions are identified and further solutions generated.

### Your advantages

- Trainer with experience in leadership and healthy leading
- Exercises and methods with high practical relevance
- Actual scientific research results on fields of action for healthy leading
- Insights to crucial topics (self leading, working environment, relationship, role model)
- Exchange of experiences with other leaders
- Development of concrete improvement options
- On-site training with online follow-up
- Training in German and English possible
- Follow-Up to accompany the transformation actions