Garnet
Garnet Global Training Center

GGT-PS-108

Workplace Psychology & Behavioural Science

Mental Health Awareness for Managers

التوعية بالصحة النفسية للمديرين

Duration	Language	Formats	Hours	Level
5 or 10 days	**English or Arabic**	**Classroom, online, in-house**	**35 / 70**	**Foundation**

Overview

Mental Health Awareness for Managers gives newcomers and non-specialists a clear, practical grounding: the core concepts, the vocabulary used on the job and the first tools to apply them. Apply behavioural science to motivation, decisions, safety and wellbeing at work. It runs as a 5-day or 10-day program in English or Arabic, in classrooms in Dubai, Riyadh, Cairo, London, Istanbul and other cities, or live online, and can be delivered in-house.

What you will be able to do

- Explain the key concepts, terms and standards of Mental Health Awareness for Managers.
- Communicate confidently with specialists and colleagues.
- Plan the next steps in your own learning.
- Recognise the main hazards, errors and misconceptions newcomers face.
- Carry out basic tasks correctly using simple checklists and tools.

Who should attend

HR and L&D professionals, managers, safety leaders and organisational development teams. No prior experience is required; it also suits new hires, graduates and staff moving into this field.

Key topics

- How people decide
- Motivation and engagement
- Behaviour change methods
- Assessment tools
- Wellbeing at work
- Ethics in applied psychology

Formats and fees

5-day classroom	**USD 4,750**
5-day online	**USD 2,950**
10-day classroom	**USD 8,950**
10-day online	**USD 5,450**
In-house	**Quotation per group**

Fees per participant, excluding VAT.

Register or ask

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Email: info@garnettrainings.com

Training: training@garnettrainings.com

Web: garnettrainings.com

Sharjah Publishing City Free Zone, Sharjah, UAE

Certificate

Participants who attend at least 90% of sessions and complete the final assessment receive a certificate of completion stating 35 contact hours (5-day) or 70 contact hours (10-day).

5-day outline

Day 1 Introduction to Mental Health Awareness for Managers

- Assessment tools
- Group discussion and peer review

Day 2 Core concepts and terminology

- Wellbeing at work
- Ethics in applied psychology

Day 3 Basic methods and tools

- How people decide
- Measurement and reporting

Day 4 Working safely and correctly

- Motivation and engagement
- Hands-on workshop on a workplace challenge

Day 5 Practical exercises and review

- Behaviour change methods
- Common mistakes and how to avoid them

10-day outline

Day 1 Introduction to Mental Health Awareness for Managers

- Assessment tools
- Group discussion and peer review

Day 2 Core concepts and terminology

- Wellbeing at work
- Ethics in applied psychology

Day 3 Basic methods and tools

- How people decide
- Measurement and reporting

Day 4 Working safely and correctly

- Motivation and engagement
- Hands-on workshop on a workplace challenge

Day 5 Practical exercises and review

- Behaviour change methods
- Common mistakes and how to avoid them

Day 6 Advanced techniques and specialist practice

- Complex cases in depth
- Regional and international case studies

Day 7 Digital tools, data and automation

- Analysis tools and software
- Using AI in this field

Day 8 Benchmarking against international practice

- Global performance benchmarks
- Checklists and templates to take away

Day 9 Capstone project

- Analyse a real challenge from your organisation
- Build the solution and implementation plan

Day 10 Presentations, final assessment and certificates

- Project presentations and review
- Final exam and certificate award

Schedule 2027–2030

Dates	Format	City	Language	Fee (USD)
8–19 Mar 2027	10-day classroom	Geneva	English	8,950
5–9 Apr 2027	5-day online	Live online	Arabic	2,950
18–22 Jul 2027	5-day classroom	Amman	English	4,750
13–17 Sep 2027	5-day classroom	London	English	4,750
21–25 Feb 2028	5-day classroom	Paris	English	4,750
6–17 Mar 2028	10-day online	Live online	English	5,450
11–15 Jun 2028	5-day classroom	Cairo	English	4,750
17–28 Jul 2028	10-day classroom	London	English	8,950
19–23 Feb 2029	5-day online	Live online	English	2,950

Dates	Format	City	Language	Fee (USD)
6–17 May 2029	10-day classroom	Jeddah	Arabic	8,950
9–13 Jul 2029	5-day classroom	Abu Dhabi	Arabic	4,750
9–13 Dec 2029	5-day classroom	Riyadh	Arabic	4,750
4–8 Mar 2030	5-day classroom	Amsterdam	English	4,750
10–14 Jun 2030	5-day classroom	Dubai	Arabic	4,750
15–26 Jul 2030	10-day online	Live online	English	5,450
14–25 Oct 2030	10-day classroom	Paris	English	8,950

Customised and in-house versions of this course are available on request. garnettrainings.com/en/customise/