MINI MBA · TRAINING PROGRAMME

Healthy Organisations - Assessment and Management of Risks for Mental Health

hygge
Organizational Mental Health Promotion Project
By João Paulo Pereira

50 HOURS / IN PERSON OR ONLINE

Integrate mental health into organisational management, from diagnosis to monitoring measures. An executive learning path to assess risks, promote healthy conditions and sustain continuous improvement.

Objectives

- Identify mental health risk and protective factors at work.
- Plan participatory, rigorous and confidential assessments.
- Prioritise organisational prevention measures.
- Design an implementation and monitoring plan.

Themes and training dynamics

360 min	**Healthy organisations and strategy**	Analyse culture, climate, leadership and working conditions.
540 min	**Risk assessment**	Workshop on methods, participation, indicators and confidentiality.
480 min	**Interpretation and priorities**	Case studies: combine data and decide intervention priorities.
600 min	**Prevention and measure design**	Group work on workload, autonomy, support and work-life balance.
420 min	**Implementation and monitoring**	Define responsibilities and indicators; link NP 4552 and NP 4590.
600 min	**Healthy organisation project**	Build and defend a plan with a schedule, evaluation and feedback.

Prepare a healthy organisation plan; training does not award an academic degree or organisational certification.

Mental health as a strategic priority.

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