MINI MBA · TRAINING PROGRAMME

Occupational Health Psychology - concepts and practices

hygge
Organizational Mental Health Promotion Project
By João Paulo Pereira

50 HOURS / IN PERSON OR ONLINE

An executive learning path integrating Occupational Health Psychology concepts and practices. From assessing working conditions to designing ethical, sustainable organisational interventions.

Objectives

- Connect working conditions, health and wellbeing.
- Select appropriate assessment methods and protect confidentiality.
- Design interventions at different organisational levels.
- Evaluate outcomes and present an applied project.

Themes and training dynamics

360 min	**Foundations and models** Case seminar: demands-resources, prevention and occupational health.
480 min	**Assessment and diagnosis** Workshop on tools, interviews, indicators and critical data interpretation.
480 min	**Work organisation and health** Analyse workload, autonomy, relationships, inclusion and work-life balance.
600 min	**Intervention and prevention** Design organisational measures and referral mechanisms.
480 min	**Ethics and outcome evaluation** Discuss dilemmas, confidentiality, evidence and monitoring.
600 min	**Applied project** Build and defend an intervention plan with feedback and assessment.

Complete an applied project; training does not award an academic degree or professional qualification.

Knowledge supporting health.

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