

# Expressions of interest in attending a virtual workshop on: Making sense of mental wellbeing in manufacturing

## Mental well-being is not a new issue for business leaders

In a world of post pandemic fatigue, cost of living anxieties and persistent workforce shortages, mental wellbeing is an almost daily topic of discussion for many businesses. But knowing what to do in support of your people and your business can be **complex, confusing** and **sometimes overwhelming**.

## Making sense to take smarter action

We are seeking expressions of interest in attending a virtual workshop by New Zealand's award winning and leading expert on work-related mental wellbeing, **Dr Hillary Bennett**, from Leading Safety. This workshop is a practical and applied event specifically for those operating in timber processing. It is an opportunity to unpack:

- What mental well-being really is and what that means for businesses and their leaders
- The benefits of improving mental well-being for your workers and your business performance
- Practical steps to improving the mental well-being of your people.

This workshop is for business owners and managers who are up for the challenge of sustainably improving the mental well-being of their people; and is the first step of a new project designed especially for small-to-medium sized manufacturing businesses. This multi-year project is being led by the **Business Leaders' Health and Safety Forum**, with the support of the **Mental Health Foundation** and funding from **ACC**.

## Expressions of interest sought

We're keen to test the appetite among people in timber processing for attending a virtual workshop, including when would work best for people. If you'd like to attend, or want to know more, please email **Fiona Ewing** [fiona.ewing@forum.org.nz](mailto:fiona.ewing@forum.org.nz)

## About Dr Hillary Bennett

Hillary is a Director of Leading Safety, a consultancy specialising in the leadership of safety and wellbeing. Hillary developed the Business' Leaders Health and Safety Forum mental wellbeing Guides. The first guide *CEO Guide to Mental Health and Wellbeing at Work* is a sense-making framework that has been used extensively by Governmental Agencies and private organisations, to assess both current wellbeing initiatives and develop future wellbeing strategies. The *Protecting Wellbeing* guide supports the assessment of the extent to which work can be described as 'good work' i.e., protecting mental wellbeing or 'toxic work' i.e. harming mental wellbeing. The *Mental Wellbeing By Design* process engages people doing the work to assess the risk and protective factors related to their work and to explore how their work can be redesigned to enable them to thrive.

## About the Business Leaders' Health and Safety Forum

The Business Leaders' Health and Safety Forum is a not-for-profit, independent coalition of almost 400 business leaders committed to building cultures that enable people to thrive and businesses succeed. Our focus is to make workplaces safer by growing world-class chief executive officer safety leaders in New Zealand, and by leveraging the combined skill, influence and resources of members.

