



Course Programme

Advanced Empowerment for a Healthy Workplace

The course comprises a total of 14 hours in 4 sessions as follows:

Session	Duration	Units Covered
1	2 Hours	4 Mental wellbeing in the context of employment
2	4 Hours	5 Stress and employment 6 Costs of the stress and mental health to the business
3	4 Hours	7 Management of stress in the company 8 Prevention and promotion - how to setup Employee Assistance Programme
4	4 Hours	9 Health and safety regulations 10 Policies for a healthy workplace

The sessions will be held at

Richmond Foundation
424, St. Joseph High Rd
St. Venera

Participation is free of charge, but selection criteria apply

Participants will be monitored through log sheets, assessments and certifications

Certificates will be awarded to successful participants

For further information or to request an application form, please send an email to

healthymind@richmond.org.mt

or phone

2148 0045 / 2148 2336

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Empowering People for More Jobs and a Better Quality of Life
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European Social Fund (ESF)

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