



THE WORKING MINDS TRAINING

INDIANA WORKPLACE WELLNESS TRAINING ACADEMY



www.indianawellnessacademy.org

BUILD RESILIENCE. REDUCE STIGMA. STRENGTHENING WORKPLACE CULTURE.

ABOUT THIS TRAINING

The Working Minds is an evidence-based mental health training designed to help employees and managers build awareness, reduce stigma and strengthen mental well-being in the workplace. Through real-world examples, interactive discussion and applied exercises, participants learn how to recognize early changes in mental well-being and engage in supportive conversations. The Wellness Council of Indiana delivers both employee-focused and manager-focused versions of this training to employers across Indiana.

TRAINING DETAILS

- ◆ Duration:
 - Employee-focused: five to six hours
 - Manager-focused: eight hours
- ◆ Format: in-person training
- ◆ Capacity: up to 25 participants
- ◆ Continuing Education Credit Units (CEUs): SHRM and HRCI eligible

WHO SHOULD ATTEND

- ◆ Employees at all levels
- ◆ Supervisors, managers and team leads
- ◆ HR, safety and well-being professionals

WHAT PARTICIPANTS LEARN

- ◆ Use the Mental Health Continuum as a practical workplace tool
- ◆ Recognize stress and early warning signs
- ◆ Reduce stigma and support positive workplace culture
- ◆ Engage in supportive, respectful conversations
- ◆ Apply resilience-building strategies for individuals and teams

HOW THIS TRAINING COMPLEMENTS MENTAL HEALTH FIRST AID

Creating mentally healthy workplaces starts with awareness and stigma reduction. The Working Mind equips employees and leaders to recognize changes in mental well-being early, support one another and foster a culture of openness and support.

TAKE THE NEXT STEPS

- ◆ Click the QR code to view upcoming sessions and register
- ◆ Learn about WCI membership at wellnessindiana.org



Questions? Please contact us at
info@wellnessindiana.org