

CERT

by  *headversity*



Mental Health Foundations for Leaders

Learn practical
strategies to foster
team wellbeing

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Mental Health Foundations for Leaders

Your leaders will learn how to initiate meaningful discussions about mental wellbeing and prioritize it for your team, ultimately creating a safe space for employees to seek support.

Why is it needed?

60%

of business and team leaders report struggling with mental health issues such as anxiety and depression.

70%

of people say their manager has more impact on their mental health than their therapist or their doctor—and it's equal to the impact of their partner.



Promoting a healthy and harmonious workplace

Preserving Mental Health

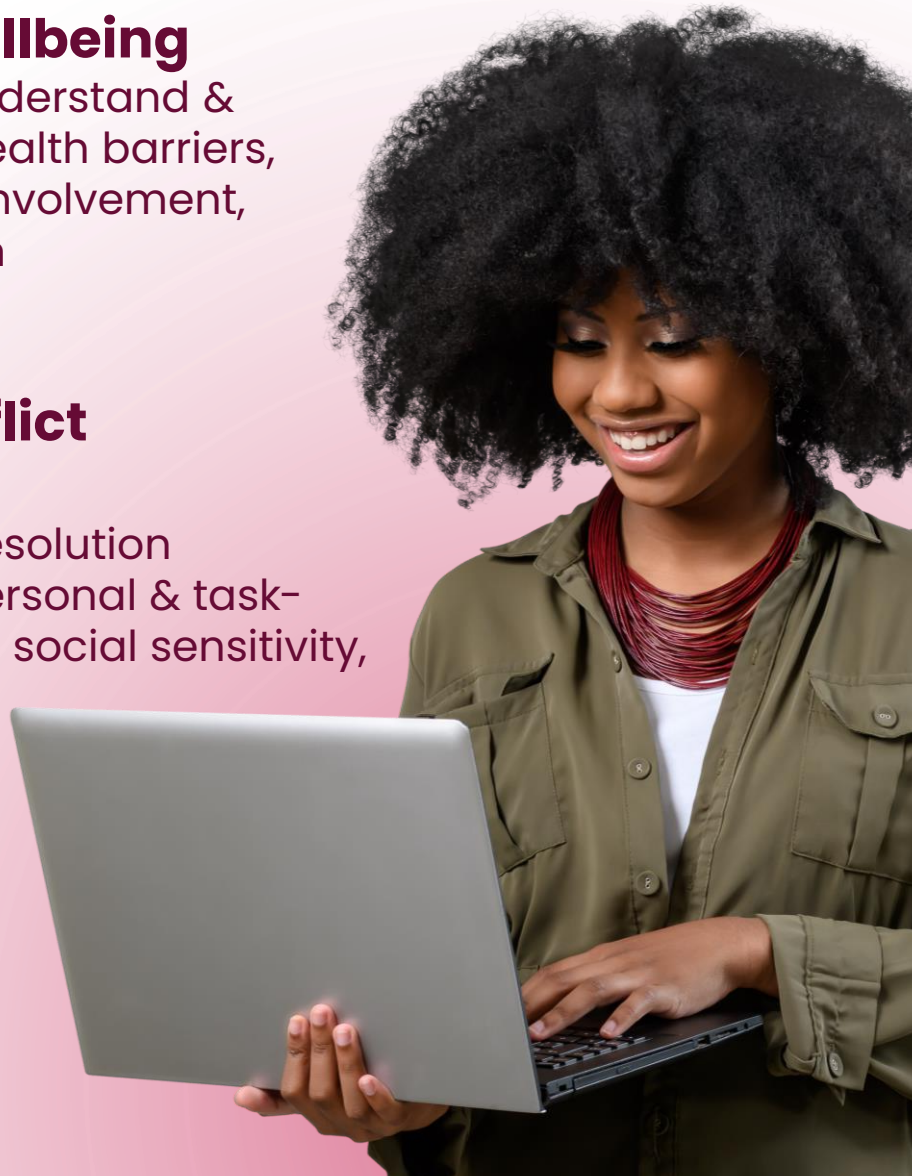
Guide leaders to manage stress & regulate emotions while focusing on personal growth to build confidence & enhance self-leadership skills.

Foster Team Wellbeing

Enable leaders to understand & overcome mental health barriers, encouraging team involvement, and facilitating open communication.

Workplace Conflict Resolution

Facilitate effective resolution strategies for interpersonal & task-based conflict, using social sensitivity, adaptation to work styles, & Respectful communication.



The impact of CERT

CERT delivers practice-based learning to certify and continuously upskill the workforce across time, in a modern format.

Impact

74%

now understand the impact of stigma on those facing a mental health challenge.

80%

would recommend this program to other leaders.

70%

feel comfortable navigating disagreements or conflict at work.

Why do organizations favor CERT for their leaders?

"The information was presented clearly and in a way that can be easily understood. Mental health is a very complex topic and this is a great starting point in the learning process."

"Very helpful and provides important skill sets to leaders"

Features

Online training rooted in continuous learning



Stimulating continuous
learning



Effortless
administrative tools



Celebrates milestones
with social sharing



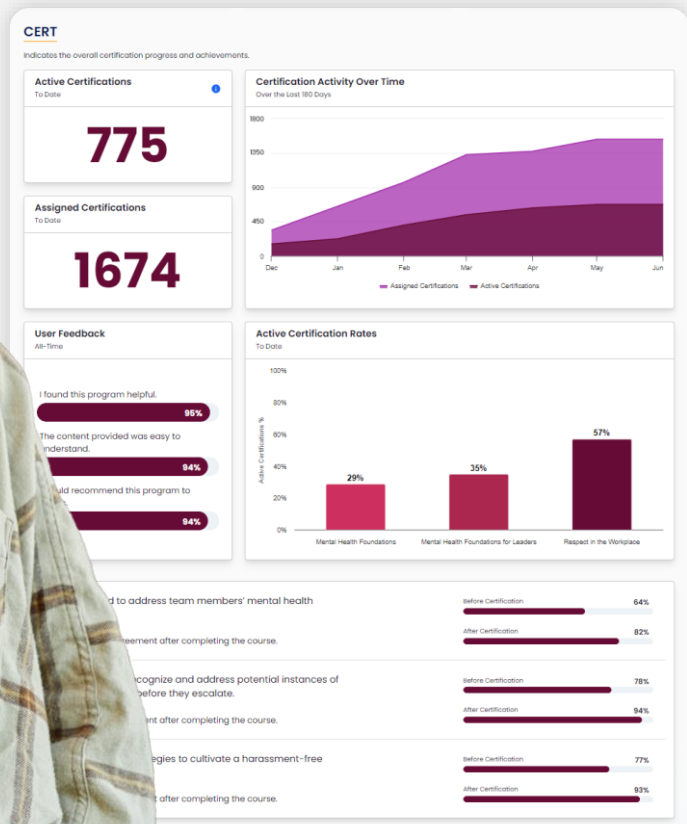
Organization and
individual reports



Modern gamified
experience across
devices



Time-efficient
& effective training for
all learning types



Get Certified

Short 40-Minute Learning Modules
Practical Knowledge Assessments
Socially Recognized Certificate

Section 1

- Understanding Mental Health
- Barriers to Seeking Mental Health Support
- Stress Management
- Regulating and Expressing Emotions
- Personal Growth – Building Confidence & Self-Leadership

Section 2

- Promoting Team Wellbeing
- Supporting Team Involvement
- Having Mental Health Conversations
- Workplace Conflict Resolution

Stay Qualified

Refresher Lessons and Practices
Automated Qualification Cadence
Gamified Experience to Maintain Certification and Progress

Nano-practices (<2 min.)

Quick and easy practices to continuously grow and actively improve skills.

- Sensitivity
- 2 Minute Mindfulness
- Naming Strengths
- Processing Change
- 5 Whys

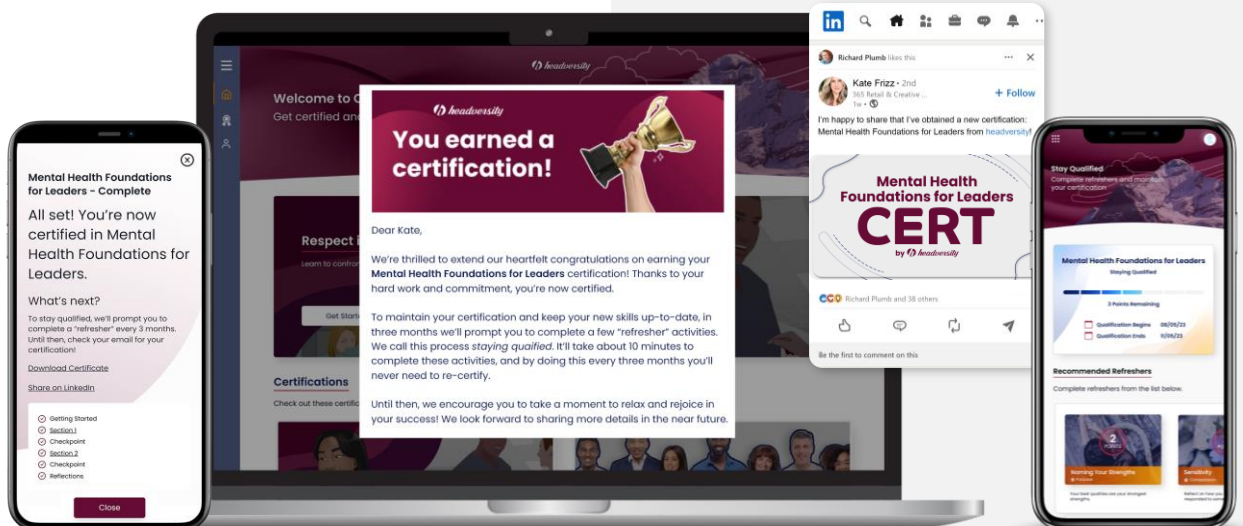
and many more...

Micro Lessons (5-7 min.)

Bite-sized engaging lessons to broaden understanding and boost knowledge retention.

- Regulating & Expressing Your Emotions
- Adapting to Change
- Overwhelm and Burnout
- Gear Up-Managing Emotions
- Focus

and many more...





Thank you!

Global Impact



3M+

Lives impacted



26

Industries



18

Countries

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