



BUILDING RESILIENCE & MANAGING MENTAL HEALTH

Programme Overview

Cultivating psychological safety by:

- ☑ Establishing a shared understanding of the role psychological safety, positive mental health and resilience play
- ☑ Introducing a practical framework to understand, assess and share top tips
- ☑ Providing practical steps to enhance performance, resilience and success

Leading with mental health in mind by:

- ☑ Providing essential skills to spot the signs of poor mental health proactively
- ☑ Exploring the complexities of balancing business needs and people needs

Exploring the leader's duty of care by:

- ☑ Establishing how to apply your learnings on psychological safety and mental health
- ☑ Establishing metrics to track progress and sustain positive change

Learning and Development Outcomes for YOU and YOUR CLUB

You will gain a greater understanding of the importance of managing mental health and wellbeing in your club. You will also develop the skills to enhance engagement, inspire excellence and promote mental fitness by improving psychological safety, resilience and mental health.

You will return to your club with a new perspective, a comprehensive toolkit of skills, and a personal action plan to achieve this plan for yourself and your team to aid in your quest for greater success in the future.

*Delegates will also gain an MHFA England Certified Managers Mental Health Qualification as part of this Certificate

Who is this Certificate suitable for?

- ☑ Golf Club Managers
- ☑ Deputy Golf Club Managers / Operations Managers or similar role
- ☑ Director of Golf / Head Pro or similar role
- ☑ Course Managers / Head Greenkeepers / Deputy Course Managers
- ☑ Honorary Secretaries



in Leadership & Personal Development

- ☑ This Certificate forms part of the GCMA Advanced Management Award in Leadership & Personal Development.

Other Certificates in this Award

- ☑ Advanced Leadership & Emotional Intelligence