



**i-act**.co.uk



*for positive mental health and WELLbeing*

Join us for our **FREE i-act** seminar and networking lunch

## Venue:

The Holiday Inn  
Castle Street  
Cardiff  
CF10 1XD

## When:

Monday 4th November 2019  
1pm to 3.30pm

- ✓ Network with others who have similar interests in promoting positive mental health and wellbeing
- ✓ Find out more about the **i-act** course and international delivery
- ✓ Hear case studies from organisations who have adopted the **i-act** training
- ✓ Learn more about **i-act** international
- ✓ Find out more about becoming an **i-act** instructor and how you may deliver this accredited evidence-based training to your colleagues or as a freelancer
- ✓ Learn more about the specialist **i-act** course for managers and and the **i-act** course for employees/front-line workers

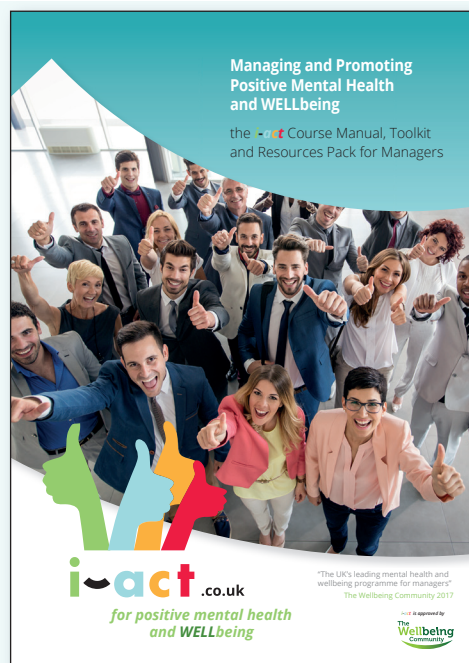
**Spaces are limited, so register now for your free place at:**  
**website: [www.i-act.co.uk](http://www.i-act.co.uk)**  
**email: [info@i-act.co.uk](mailto:info@i-act.co.uk)**

# Managing and Promoting Positive Mental Health and WELLbeing in the Workplace



The CPD Standards Office  
CPD PROVIDER: 21823  
2018 - 2020  
[www.cpdstandards.com](http://www.cpdstandards.com)

## *i-act* - The Essential Accredited Course for ALL Managers



"The *i-act* training has given me a clear understanding of the legislation concerning mental health issues within the workplace. I now feel much more confident when supporting employees who may be experiencing a mental health or wellbeing issue at work. The manual is exactly what every manager needs."

*Josh Colby, Area Manager*

**Visit the website for further details:**

**[www.i-act.co.uk](http://www.i-act.co.uk)**

- ✓ specialist mental health training for executives, senior managers and line managers
- ✓ 168-page **evidence-based** *i-act* course manual, toolkit and resource pack
- ✓ certified and **accredited** with the CPD Standards Office and CPD points
- ✓ access to the online *i-act* resources
- ✓ essential guidance for managers regarding the **legislation** for managing mental health issues in the workplace
- ✓ essential guidance for **promoting positive workplace wellbeing**
- ✓ fully flexible delivery (half-day, full-day or bite-sized)
- ✓ over 50 practical tools and over 95 organisations to refer onto.