

## EVALUATION OF SEMINAR FEEDBACK

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**Title:** Mental Health in the Workplace, a Toolkit for Managers

**Date:** 21<sup>st</sup> November 2013 9am – 12:30pm

**Speaker:** Dr Sean Cross

**Venue:** National Liberal Club

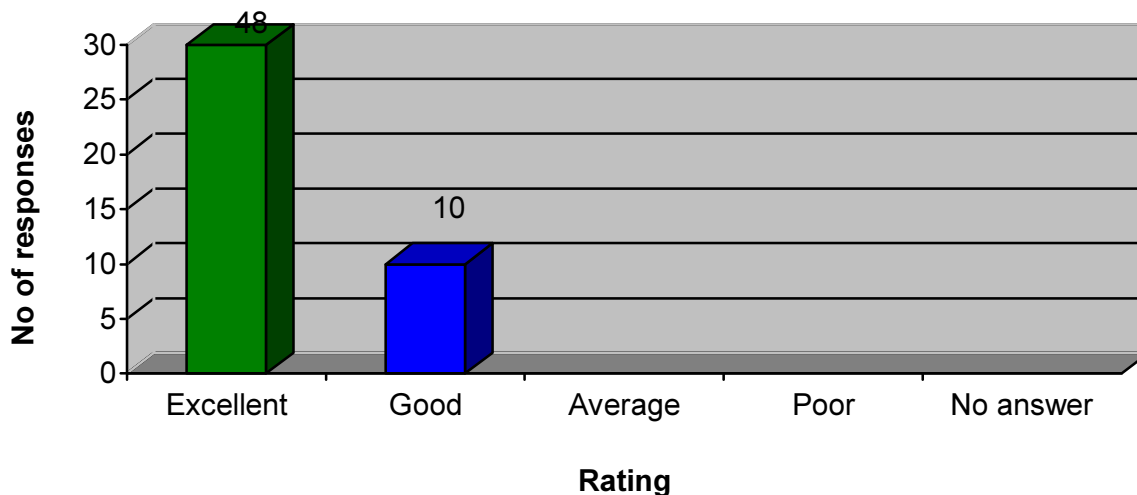
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**Number of attendees** 66

**Number of returned questionnaires** 58

**Response rate** 87%

**Overall, how would you rate the training?**



**What did you find most useful?**

- Methodical, clear and relevant run through of Mental Health and Services
- The toolkit, identify, understand, act
- Framework and approach to take early intervention and how it helps to talk
- Good to know information re IAPT and self referral
- Axis I and Axis II breakdown
- Good overview to focus on this subject matter
- Classifications – overall good balance
- The whole topic and tips
- The whole seminar was interesting and relevant to my role in HR
- Very knowledgeable speaker
- Engaging, interesting, informative
- The Framework to help structure the discussion
- Information on different therapies and treatment for different disorders, therefore understanding what our employees may have to go through and conditions

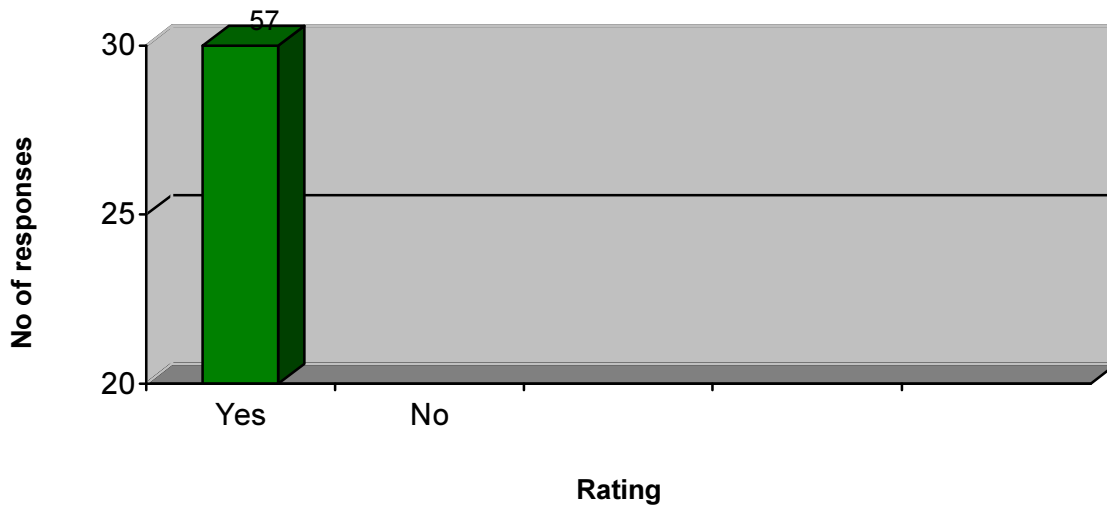
- Overview of the conditions and framework to talk about issues
- Understanding categories and the arc of history
- Identification and toolkit ideas
- Hints on how to have conversations with employees ie: the permission questions
- Overview of mental health conditions and presentations
- Breakdown and management of conditions
- The Axis framework provided a greater use of clarity for understanding and management – the entire framework was helpful
- Hearing about clarification and also identifying how to proceed, the immediate actions
- The framework as a basis to approach staff that you are concerned about
- The first questions “What behaviour is causing you concern?”
- Framework, background and scenarios to provide thinking on how to amend and improve practices
- Having a real specialist talking clearly and without jargon on a complex issue which impacts us all
- Explanation of all the differing mental illness and clear forward way of acting and offering help and support in the future
- Generally speaking the opportunity to really think about mental health and how HR can address it. Also the idea that everyone has a breaking point. Seems obvious now!
- The framework clarification at the end
- All really helpful, found the right balance between clinical and practical information
- Great speaker and knowledge. Axis I and II. It really helped to highlight good practices within my organisation
- It was excellent to have an expert there. Dr Sean Cross was knowledgeable and we learned a vast amount from him
- Very useful, could easily have had a whole day on this. Didn't have much opportunity for small group discussion or to really explore the questions we identified at the start or to talk through the case scenarios
- Being able to have literate conversations about individuals well-being
- General background of mental health disorders and identification in the workplace. Signposting of agencies who can help individual who need support
- Categorising mental health illnesses
- How to confidently speak to someone that is experiencing Mental Health
- Awareness of Axis I and Axis II
- Framework, dialogue and communication
- The subject of gain was very interesting
- Networking with other delegates and the overview of mental health diagnosis was excellent
- Simplified explanation of complex topic
- Identifying how to approach people and understanding symptoms of mental health
- Being able to identify where people may sit within areas of need
- Open table discussions on particular cases, share best practice
- Understanding of early intervention
- Sean's expertise
- Difference between conditions and personality traits
- Info on external services
- A great insight into how Mental Health is diagnosed
- Social/environmental causes
- Axis I and Axis II classifications and overview of medications and their side effects
- Clarity in explaining/de-tangling the mental health issue

- All useful. Although could have also brought in an employment lawyer to balance medical with dealing with legalities
- Context /background on mental disorders, effects of drugs, the support mechanism and help available to those with mental disorders, the framework
- All was very helpful, interesting and useful
- All useful and interesting and just at the right level. Easy to share verbally in discussions with colleagues
- Easy to digest and hopefully easy to use when needs must
- Thank you, most informative
- This was a good format and venue and the speaker was brilliant

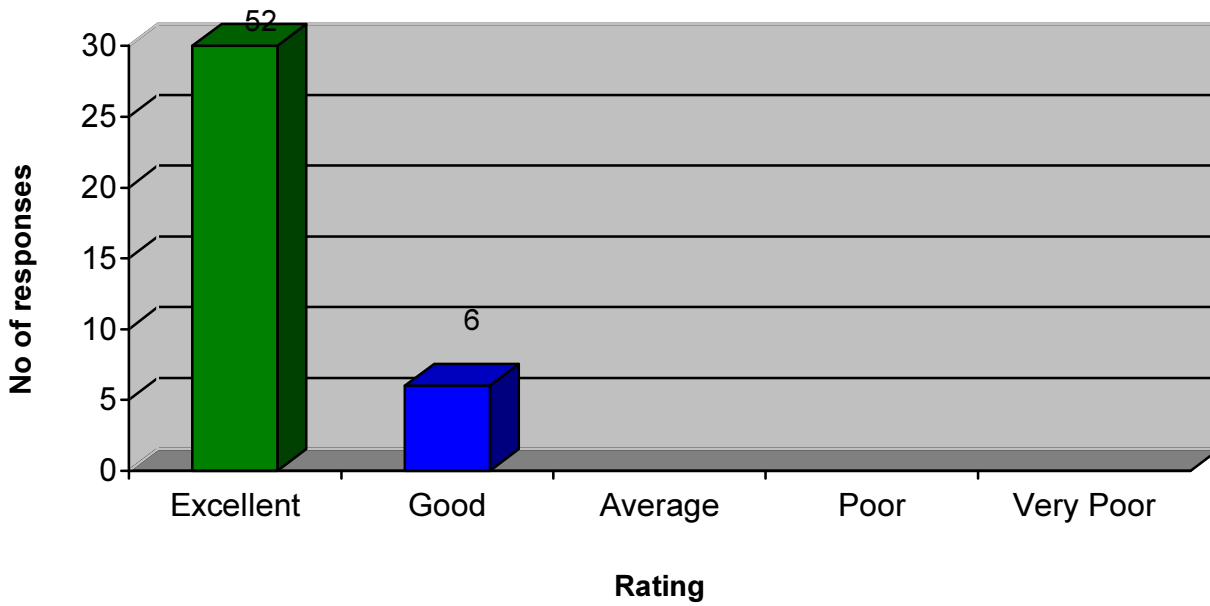
### **What did you find least useful?**

- Nothing – no criticism to offer
- Certain specific questions were not covered, generic issues were given
- I think it was a slightly idealistic view of what managers have time to do.
- Perhaps more practical help, some objectives from the room weren't concluded. Appreciate specific examples can't all be covered though
- The history bit
- It was a lot of detail, nevertheless very interesting and informative
- Lengthy Q&A session
- All relevant however Dr Cross tried to pack in too much information
- Time limit of only a morning – could have listened for much longer
- I would have liked more info on how to manage the personality disorders
- I would have liked longer for discussion and maybe the ability to chose an area of discussion (but would take longer than a morning)
- Not long enough – more case studies
- Slides in advance to add own notes to
- It would have been useful if the seminar had been more practical, ie: examples of how HR could/should deal with mental health issues
- It might be helpful for the trainer to re-iterate the questions being asked just for clarity

**Did you think the content of the workshop was applicable to your role?**



**How would you rate the speaker?**



**What was your overall impression of the seminar venue?**

