

Mental Health & Leadership



ACL&LL National Conference

samueleddy

Samuel Eddy: Background



Workplace Leadership & Wellbeing Educator, Neuroplasticity Practitioner & Executive Coach

- MSc Psychology (University of East London)
- Bachelor of Business (Swinburne)
- Accredited Mental Health First Aider
- Specialist workplace educator helping employees cope & thrive with complex change
- Expertise in helping clients navigate high stress, uncertainty and anxiety
- Offer tools to self-regulate and boost productivity in tough times.



Nurse & Midwife
Support



RACGP



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Today

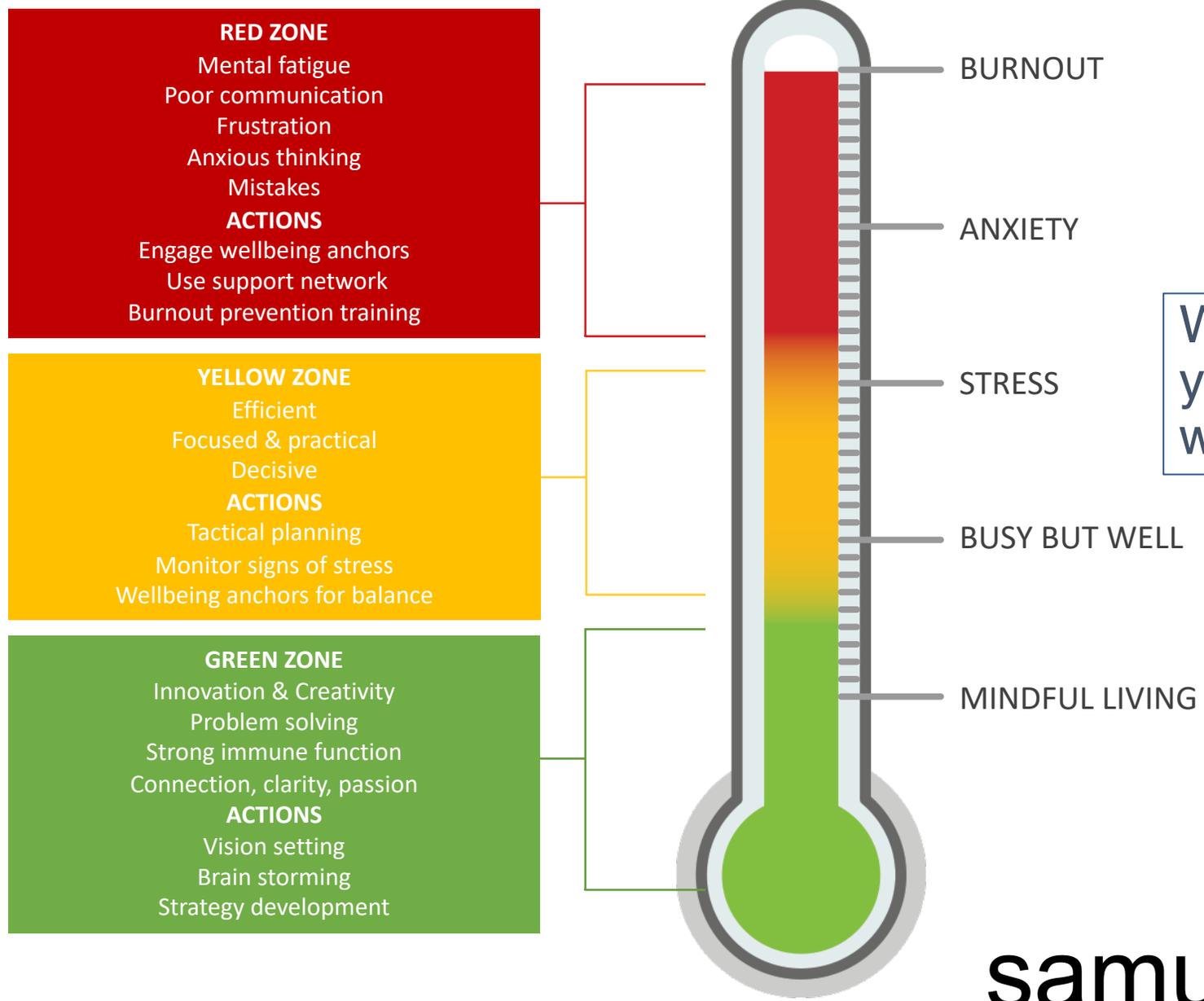
1. Mental Health challenges for leaders
2. Neuroplasticity – learning principles for you and your team
3. Tool #1: Take your "Stress Temperature" and regulate your stress response
4. Tool #2: Wellbeing anchors & daily structure
5. 7 ways to influence culture change

Your leadership challenges



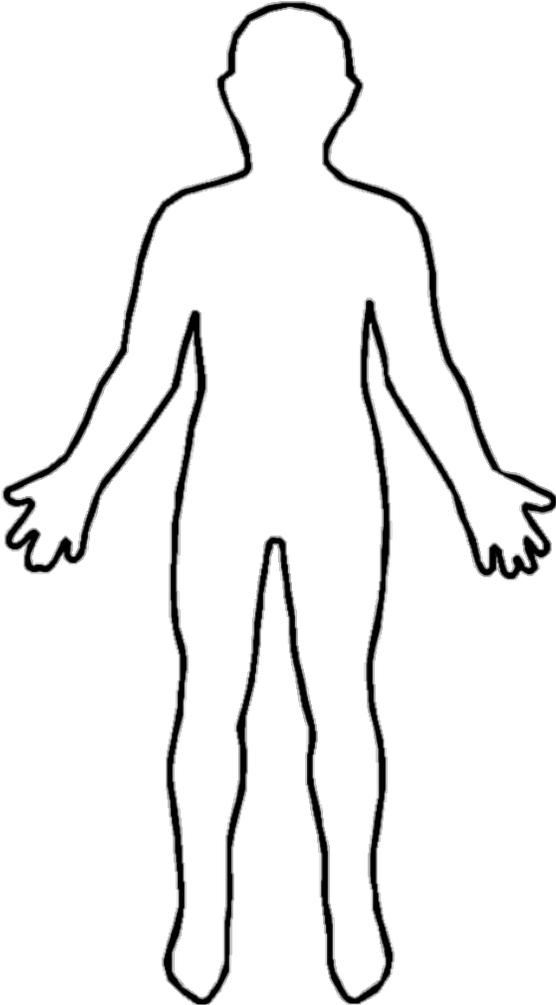


Stress Temperature Check™



Where are you and your workforce?

Your team & individual warning light



Wellbeing anchors: we need to focus on our 'whole' self to keep the cogs turning



7 ways to *embody* culture change to improve mental health

1. Adding Stress Temperature checks to the agenda
2. Switching to neutral language: 'red', 'yellow' or 'green'
3. Leading by example – acknowledging when you are heading closer to *red* (vulnerability)
4. Know your own signs to spot them in others
5. Practice, remind, practice - neuroplasticity
6. Set up you own and team based wellbeing anchors
7. Moving forward to the next anchor



Mindfulness

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Questions?

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Moving you from
red to *green*
samueleddy

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More...



Samuel Eddy 

Principal Consultant | Educator | Speaker | Moving workplaces
out of red (stress) & into green (growth)

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