



# FY25 Training Summary Feedback: Strategies to Support Mental Health in the Workplace

88 Attendees | 35 Responses

## SURVEY RESPONSES

The training met my needs and expectations.

Strongly Agree/Agree **90%** 

The training answered questions I had coming into the session.

Strongly Agree/Agree 87.5%

The format and delivery of the content was effective.

Strongly Agree/Agree 95%

The training content was appropriate for the audience.

Strongly Agree/Agree 97.5%

The presenter was knowledgeable and engaging.

Strongly Agree/Agree **95%** 

I would recommend this training to others.

Strongly Agree/Agree **82.5%** 

I feel more confident in my ability to understand mental health.

Strongly Agree/Agree **85%** 

There was enough time for questions.

Strongly Agree/Agree 97.5%

## **COMMENTS**

# What other disability-related information could you benefit from learning about?

How to actually have PIP related conversations with employees who are struggling.

What us as individuals can do about our own mental health in the workplace.

# What did you like best about the training?

I thought the facilitator was very knowledgeable and liked that she didn't shy away from hard topics like trauma and its impacts on work.

I liked the data and the specific strategies on what is helpful (lean in with empathy, empathy and excellence can coexist).

#### What could we have done better?

More collaborative exercises would have been good.

# What did you like least about the training?

It focused heavily on work as a cause of stress, rather than also engaging similarly with external stressors affecting one's work or ability to focus, or underlying conditions.

#### What were the key takeaways from this session?

Starting with empathy, leading with positivity before offering guidance.

How to appropriately approach a colleague that may be showing signs of mental health issues.

Habitual burnout maybe isn't normal and probably not healthy or really sustainable in the long-term.

# Any additional feedback you would like to provide?

I think we could benefit from additional training for supervisors that provides information on supporting staff with disabilities and also addressing performance.