



In the dynamic world of tourism and hospitality, every role is crucial in fostering a positive and healthy workplace culture. From frontline workers to supervisors, managers, senior leaders, business owners, and HR and occupational health and safety professionals, each of us contributes to creating a supportive work environment.

Our comprehensive suite of online courses offers practical, bite-sized modules ranging from 15 to 30 minutes in length. With over 14 free courses available, the suite includes dedicated streams for both workers and supervisors/managers and is continuously growing to ensure that everyone in the industry has access to the latest knowledge and skills necessary for promoting psychological health and safety in the workplace.

To kick off your learning experience, consider starting with these foundational courses:

For Supervisors & Managers:

Introduction to Psychological Health and Safety

Learn the essentials of psychological health and safety to create a supportive environment for your team.

Introduction to Workplace Mental Health

Gain a foundational understanding of workplace mental health and its importance in fostering a positive work culture.

Addressing Mental Health Stigma

Develop strategies to combat mental health stigma and promote a more open and inclusive workplace.

For Workers:

Introduction to Workplace Mental Health

Gain a foundational understanding of workplace mental health and its importance in fostering a positive work culture.

Addressing Mental Health Stigma

Learn effective ways to challenge and reduce stigma surrounding mental health in the workplace.

Work-Life Balance

Discover strategies for achieving a healthy balance between work and personal life to enhance overall wellbeing.

Start your journey towards a psychologically healthier, more supportive workplace today. Visit the [People Working Well Website](#) to explore courses and resource to empower your team with the tools they need to thrive!

**Scan the QR Code
to learn more.**

