



Empowerment Through Education

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

Emotionally Naked® Workplace Wellness *for Managers & Leaders*

Audience: managers, execs, HR & EAP leaders, safety managers, DEI leaders

Time: 45 minutes to 1.5 hours or a series. Virtual, in person or hybrid.

Quick Outline:

1. AnneMoss's Story
2. About Mental Health
3. About Suicide
4. Your Mental Health
5. Employee Mental Health
6. Be a Leader not a Boss
7. Resources

Description:

Emotionally healthy employees perform better, are absent less, and more likely to stay. This upstream commitment of workplace wellness is the foundation of a prevention culture that emphasizes connection and belonging. Part of this initiative is building resilience, and defining self-care strategies so employees have the tools and resources to manage anxiety, adversity, change, and future leadership positions.

Crisis response always costs more and uses up more resources and time. Any effort to avoid that is a plus for any company HR team, DEI, or safety leader.

Learning Outcomes:

- Coping strategies and DBT skills for managing adversity, avoiding conflict and burnout
- Small, creative, and doable strategies for big changes in workplace wellness
- How to create a culture of connection so employees don't want to leave
- How to allow others to feel heard and therefore feel valued
- Life events that make people more vulnerable to despair
- How to be a leader, not just a boss
- Learn the most important skill for managing your emotional well being

About AnneMoss

AnneMoss Rogers is a Mental health & Suicide Education Expert, Professional Trainer, Speaker and Consultant. As one of the most sought-after [mental health speakers](#), AnneMoss has lived the ultimate tragedy and become an expert on mental health, emotional wellness as well as suicide prevention. Her youngest son, Charles, was the funniest, most popular kid in school. As a teen, he wore the mask of a clown to hide his depression and anxiety and used drugs and alcohol to numb his thoughts of suicide. Ultimately, he became addicted to heroin and took his own life in 2015 at age 20.