

Beyond the Hard Hat: Looking after ourselves and each other



 **Delivery:** Face-to-face or Online

A practical mental health and wellbeing presentation designed to build stronger people, stronger teams and healthier workplace cultures.

Behind every hard hat is a person — someone who experiences pressure, stress, challenges and difficult days, both at work and away from it.

Beyond the Hard Hat is an engaging and practical mental health and wellbeing presentation designed specifically, but not exclusively, for people working in construction, trades and related industries.

The session encourages participants to take a proactive approach to their own wellbeing while building the confidence to recognise when someone around them may be struggling. It explores the importance of connection, supportive conversations and the small everyday behaviours that can help create healthier workplace cultures.

Learning Outcomes

- ✓ The importance of proactively looking after your mental health and wellbeing
- ✓ Practical strategies for managing stress, pressure and everyday challenges
- ✓ The role connection and workplace culture play in wellbeing
- ✓ How to recognise signs that someone may be struggling
- ✓ How to confidently approach someone and start a supportive conversation
- ✓ How to listen without judgement and encourage appropriate support
- ✓ How everyday actions can contribute to a healthier workplace