



2023

THE MENTAL HEALTH EDITION



THE EMOTIONAL INTELLIGENCE COMPANY



The current state of global **mental health** is a cause for concern. And it seems to be getting worse.

The pandemic, unsurprisingly, generally eroded people's mental health.

But declining **mental health** goes back before the pandemic started. The World Health Organization (WHO) reports a 13% rise in **mental health** conditions and substance use disorders since 2017. This is a longstanding issue.

WHO

estimates



one in four people

will experience a
mental health condition
in their lifetime.

Mental health problems have an impact on employers and businesses directly through increased absenteeism, negative impact on productivity and profits, lowered levels of engagement with work, as well as an increase in costs to deal with the issue. In addition, they impact employee morale adversely.

Research shows that highly emotionally intelligent individuals are likely to experience psychological wellbeing at a higher level than individuals who are low in emotional intelligence. Higher Emotional Intelligence has been found to be correlated to lower psychological distress, moderately related to lower depression and strongly to lower anxiety.

Organizations have been presented with a new set of challenges in managing employee **mental health** and emotional wellbeing as they adapt to remote working and distorted lines between home and work, all whilst navigating ongoing uncertainty and economic constraints.





THE WORKPLACE IS AN OPTIMAL SETTING TO CREATE A CULTURE OF MENTAL HEALTH & EMOTIONAL WELLBEING

We don't talk about mental & emotional wellness enough. Whether we are aware of it or not, *mental health* challenges affect each of us, and impact our ability to participate fully & positively in the workplace.

"It is clear that the need to establish *mental health* as a top priority within our organizations is essential. We must act now if we wish to create a world of work that allows both employers and employees to thrive and lead healthy productive organizations."

Wendi Safstrom, SHRM Foundation President

In order to create workplaces that support employees in maintaining their well-being and build resilience to bounce back from adversity, organizations must work to develop clear and actionable *mental health* & emotional wellbeing strategy, and embed well-being into workplace culture, and this will ultimately benefit performance and productivity.

The 4th Annual EQ4Africa Conference will explore how organisations can make a genuine commitment to employee wellbeing, building a psychologically positive and connected workplace.

Employees will be introduced to actionable strategies that can be utilized to navigate *mental health* challenges & maintain balance for greater wellbeing.

This conference is an opportunity for employers and employees to discuss a hugely important, but widely ignored and under-estimated, topic.



Breakout sessions will be facilitated through 2 tracks. The available tracks are as follows:

1. THE WOMEN IN LEADERSHIP TRACK

Work Life Balance: The Superwoman Myth (For Women Only)

2. THE MAN ENOUGH TRACK

Real Men Don't Cry: The Manhood Myth (For Men Only)

The Breakout Sessions will be safe spaces to have a candid conversation about mental health & how to build resilience & maintain balance for greater wellbeing

WHAT TO EXPECT:

- Discover real-world strategies for your organization & learn tips to kick-start &/or strengthen your workplace wellbeing initiative
- Learn how to leverage Emotional Intelligence as a tool to build greater resilience & maintain balance for greater wellbeing
- Discover the myths that exist for men & women around Mental Health & how to successfully navigate them
- Hear from well-respected industry experts in the fields of Mental Health, Emotional Intelligence & Organisational Development
- Listen to a personal journey about breaking the stigma of mental health
- Get your questions answered through interactive Q&A
- Learn from a selection of personal stories, case studies, and panel discussions



2023

Mental Health Edition



FRIDAY 19TH MAY



7AM - 11AM



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COST

KES 3,750



Early bird pricing valid until 31st March, 2023
KES 3,000

Register online at www.EQ4Africa.com