

CIPD members introduced to The Decider



HR PROFESSIONALS in Guernsey have been given guidance on mental health issues for the workplace through the award-winning programme, The Decider.

The Guernsey branch of the Chartered Institute of Personnel and Development invited local psychotherapists Michelle Ayres and Carol Vivyan to present The Decider, the nationally-recognised life skills approach based on cognitive behavioural therapy and dialectical behaviour therapy.

We aim to provide our members and business leaders with the latest thinking on how to assist mental health in the workplace, said Wendy McHugh, vice-chairwoman of the CIPD branch.

With an estimated 9.9 million days lost in the UK during 2014-15 due to work-related stress, depression or anxiety, it is important to support employee well-being and engagement at work.

The Decider was developed for adult mental health to enable individuals to increase their confidence, build resilience and be able to manage emotion and improve communication.

Attendees were given insight into how to create and develop skills that could assist anyone with their mental well-being, particularly to better understand and minimise those suffering from mental health issues and prevent long-term sickness.

Wendy McHugh, vice-chairwoman of the local branch of the Chartered Institute of Personnel and Development ran a life skills workshop for members to give them guidance on mental health issues through the locally developed programme, The Decider. Left to right: branch chairwoman Caroline Shakerley, Carol Vivyan, Alison Hawkins, from sponsor BWCI, and Michelle Ayres.

Further details on The Decider are available through thedeider.org.uk/lifeskills/ by BWCI.

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