

SEBA ELEVATE

Training Programme Listing - Organised as Five Signature Academies

SEBA HUMAN - Mental Health, Resilience & Human Sustainability

Programmes addressing wellbeing, resilience, and the human dimension of work - anchored by Craftcore's MHFA-certified expertise.

PROGRAMME	FOCUS / DESCRIPTION	TARGET AUDIENCE
Mental Health Awareness at Work	Understanding mental health and workplace impact	All employees
Mental Health First Response for Managers	Identifying concerns and responding appropriately - aligned with MHFA-certified delivery	Managers & team leads
Burnout Prevention & Recovery	Recognising and managing workplace burnout	All employees & managers
Managing Stress Before It Manages You	Practical stress management strategies	All employees
Psychological Safety in the Workplace	Creating safer and healthier teams - including hybrid/flexible work arrangements	Managers & team leads
Supporting Employees in Emotional Distress	Appropriate workplace response and referral	Managers & HR professionals
Managing Anxiety in High-Pressure Roles	Practical coping strategies	All employees
Resilience Without Toxic Positivity	Building genuine resilience without ignoring challenges	All employees & managers
Compassionate Leadership	Balancing empathy with performance expectations	Managers & senior leaders
Boundaries, Workload & Emotional Energy	Preventing emotional exhaustion	All employees
Mental Health Conversations for Leaders	How managers can have appropriate conversations	Managers & senior leaders
Workplace Grief & Loss	Supporting employees through difficult life events	Managers & HR professionals
Emotional Intelligence at Work	Understanding and managing emotions and relationships	All employees
Adaptability in a Changing Workplace	Responding effectively to uncertainty and change	All employees
Time, Energy & Priority Management	Managing workload, focus and competing priorities	All employees
When High Performers Burn Out	Focuses on retaining critical talent	Managers & HR professionals
How to Say No Professionally	Boundaries and workload management	All employees
Managing Emotional Labour at Work	Particularly relevant for HR, healthcare and customer-facing roles	HR, healthcare & customer-facing staff

PROGRAMME	FOCUS / DESCRIPTION	TARGET AUDIENCE
Managing Organisational Survivors After Retrenchment	Supporting employees who remain after restructuring	Managers & HR professionals
AI Anxiety & Workforce Fear	Managing employee concerns around AI and job displacement - also cross-listed under SEBA FUTURE	All employees & managers