

FY25 Training Summary Feedback: Strategies to Support Mental Health in the Workplace

88 Attendees | 35 Responses

SURVEY RESPONSES

The training met my needs
and expectations.

Strongly Agree/Agree **90%**

The training answered questions
I had coming into the session.

Strongly Agree/Agree **87.5%**

The format and delivery of the
content was effective.

Strongly Agree/Agree **95%**

The training content was
appropriate for the audience.

Strongly Agree/Agree **97.5%**

The presenter was knowledgeable
and engaging.

Strongly Agree/Agree **95%**

I would recommend this training
to others.

Strongly Agree/Agree **82.5%**

I feel more confident in my ability
to understand mental health.

Strongly Agree/Agree **85%**

There was enough time for
questions.

Strongly Agree/Agree **97.5%**

COMMENTS

What other disability-related information could you benefit from learning about?

How to actually have PIP related conversations with
employees who are struggling.

What us as individuals can do about our own mental
health in the workplace.

What did you like best about the training?

I thought the facilitator was very knowledgeable and liked
that she didn't shy away from hard topics like trauma and
its impacts on work.

I liked the data and the specific strategies on what is
helpful (lean in with empathy, empathy and excellence
can coexist).

What could we have done better?

More collaborative exercises would have been good.

What did you like least about the training?

It focused heavily on work as a cause of stress, rather than
also engaging similarly with external stressors affecting
one's work or ability to focus, or underlying conditions.

What were the key takeaways from this session?

Starting with empathy, leading with positivity before
offering guidance.

How to appropriately approach a colleague that may be
showing signs of mental health issues.

Habitual burnout maybe isn't normal and probably not
healthy or really sustainable in the long-term.

Any additional feedback you would like to provide?

I think we could benefit from additional training for
supervisors that provides information on supporting staff
with disabilities and also addressing performance.