



WORKPLACE WORKSHOPS

ClimateMentalHealth.Net

ABOUT

CMHN virtual workshops offer businesses the opportunity to engage employees on the issue of climate anxiety, emotional health, and well-being. We offer the tools and resources necessary to foster a culture of mental health support in regard to facing the existential nature of the climate crisis.

CMHN taps a team of climate aware therapists, writers, researchers, and facilitators to conduct and participate in workplace sessions.

We tailor workshops to meet the specific needs and objectives of our partner organizations.

SAMPLE LEARNING OBJECTIVES

- Understand interaction of climate change and mental health amongst employees.
- Understand employee perspectives on the issue: what they need personally and in the workplace.
- Increase knowledge around science and best practices emerging globally related to climate change and mental health, especially how to stay well when experiencing climate distress and taking actions that support sustainability.
- Increase learning, wellness and engagement opportunities among employees, inspiring peer learning and support.



SAMPLE WORKSHOP

- Grounding of the issue (research, data, innovation etc.)
- Peer learning and sharing
- Contemplative exercise to support wellness
- Pre & post-survey; resources guide
- Short documentary film screening