



**Learning**  
Platform

*This certificate is awarded to*

**mbuso mhlanga**

*for the successful completion of the course*

**It starts with you - Promoting Mental Health and Wellbeing as a Manager**

06/12/2024

..: TP1-S15-0153 :..



## **It starts with you - Promoting Mental Health and Wellbeing as a Manager**

*IFRC*

In leading with care, the protection and promotion of the mental health and psychosocial well-being of staff and volunteers is a priority.

This online course will empower you as a manager and leader to delve into firsthand accounts from volunteers and staff and explore practical actions by which you can promote their mental health and psychosocial well-being. It includes a self-assessment and toolbox for your support.

*Curriculum - 1 Hours 0 Minutes*

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*This online learning was completed by mbuso mhlanga on 06 December 2024.*

*[www.ifrc.org/learning-platform](http://www.ifrc.org/learning-platform)*