



Dealing with Compulsive Behaviour Impacting Work

Overview

Learn strategies to manage and support employees with compulsive behaviors, including OCD, in the workplace. This course provides insights into understanding symptoms, fostering an inclusive environment, and implementing effective coping mechanisms.



How This Course Will Benefit You

This course offers essential guidance on supporting employees dealing with compulsive behaviors, improving workplace inclusivity and productivity. You'll learn to identify signs of distress, communicate supportively, and create accommodations that aid in managing symptoms. By fostering a supportive environment, you help ensure all employees can succeed and contribute meaningfully, regardless of mental health challenges. Enhancing understanding and support for compulsive behaviors at work not only benefits individual employees but also strengthens team dynamics and organizational resilience.

Course Objectives

Equip managers and teams with tools to support employees with compulsive behaviors effectively.

- Recognize signs of compulsive behaviors and their impact on work performance.
- Develop supportive communication strategies for discussing mental health.
- Implement workplace adjustments and accommodations for affected employees.

Course Structure

Experience a custom-fit learning journey, scheduled and structured to suit your organization's needs:

- When - A full/half-day/lunch-and-learn that can be adjusted according to your availability.
- Where - Virtual or on-site options to suit your preference
- Modules - Customized content on wellness fundamentals
- Support Sessions - Regularly timed virtual discussions for ongoing support
- Expert Access - Wellness professionals available as per your schedule
- Evaluations - Continuous progress tracking to meet your goals