



# The Working Mind Instructor Training

An evidence-based program helping workplaces prioritise mental health – not just manage it.  
**Equip leaders. Empower teams. Transform workplaces.**

## About The Working Mind

The Working Mind is a mental health training program designed to transform how employees and leaders think, feel and act about mental health.

This program empowers workplaces and employees to:

- Embed conversations about mental health into daily operations
- Facilitate safe and supportive environments through open dialogue and resilience-building strategies
- Apply the Mental Health Continuum Tool to notice changes in themselves and their colleagues.

## Brought to you by Mental Health First Aid Australia

Leading national skills development training in early intervention and workplace mental health education.

## Become an Instructor

Support workplaces to prioritise mental health, not just manage it.



### Be a leader

Champion mentally healthy workplaces



### Expand your skills

Add a globally recognised program to your training toolkit



### Scale impact

Be the catalyst for culture change across industries



**The  
Working Mind**



**MENTAL  
HEALTH  
FIRST AID**  
Australia



**Help shift  
workplace  
culture.**

### About TWM Instructor Training Course

A skills and competencies-based training course designed to prepare participants to deliver The Working Mind program.



**Learn core program modules**



**Apply adult learning principles**



**Practice teaching in virtual classroom**



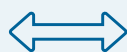
**Manage feedback and administration**

### 4 core program modules

Instructors will learn and deliver four modules structured for impact.



**Mental Health Stigma**



**Mental Health Continuum Tool**



**Stress and Resilience**



**Supporting Your Team (Managers Only)**

### Duration & Format



5 days



Online training course



Facilitator-led

### Eligibility

Whether you attend a public or private Instructor Training Course, applicants must meet the following selection criteria:

- Experience leading group discussions for groups of 6 or more
- Ability to facilitate a minimum number of courses on a yearly basis (as per the Facilitator Contract) and a commitment to meeting this requirement

### Apply Now

Equip leaders. Empower teams. Transform workplaces. Become a The Working Mind Instructor. Courses are now open with limited capacity for 80 instructors to be trained by June 2026.

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