



**MATT
MESSIAS
IMPACT
LEADERSHIP**

- ✓ Former Professional FA/FIFA Football Referee
- ✓ NPQ Senior Leader Training Facilitator (NPQ Online 2018)
- ✓ Mental Health First Aid Instructor (Mental Health England, 2018)
- ✓ Resilience Coach (2018)
- ✓ Leadership & People Development Award (CESW, 2016)
- ✓ PGCE Educational Leadership and Management (Auckland University 2014)
- ✓ Growth International Coach (Auckland, 2014)

WHOLE-ORGANISATION APPROACH TO IMPROVING MENTAL HEALTH, WELLBEING AND RESILIENCE

With 1 in 4 employees currently experiencing mental health issues it has never been more important for business leaders to lead from the top.

Impact Leadership training can help your business to take decisive actions to promote a positive culture of mental health and wellbeing to support the needs of employees and improve staff morale - benefits to include:

- Happier, mentally healthy, and energised staff
- Improved productivity, staff retention and recruitment
- Increased commitment/job satisfaction
- Reducing stigma and staff absence
- Staff access to confidential support and guidance

WHAT MIGHT THIS LOOK LIKE FOR MY BUSINESS?

- Improving leaders' awareness of the importance of leading self before others
- Training managers to recognise mental health problems
- Staff surveys to evaluate staff wellbeing and post-support survey to judge impact
- Supporting employees and helping them to manage their workloads
- Providing on-the-job coaching
- Raising awareness of available support
- Building trust and giving employees an opportunity to raise issues at an early stage with managers

"Thank-you Matt for your inspirational workshops and on-going support of FA referees-the feedback we have received on your referee mental health and wellbeing programmes has been outstanding."

Daniel Meeson, The FA Referees' National Manager