



healthy pour primed

prerequisites

none!

availability

year round

delivery

in person, virtual, & self-led

about

This certification is foundational to all of Healthy Pour's educational content. In this certification, we cover the basics: everything you need to start building a more thoughtful workplace. Through this program, attendees will be able to better understand their personal experiences, what they're experiencing in the context of work, and basic ways they can contribute to health and well-being of their workspace.

modules include:

- Workplace Mental Health & Well-being
- Emotional Intelligence, Literacy & Agility
- Talking about Mental Health at Work
- Understanding Stress & Coping
- The Industry's Relationship with Alcohol
- What is Psychological Safety?

leadership skills

prerequisites

healthy pour primed

availability

year round

delivery

in person, virtual, & self-led

about

The hospitality, food, and drinks industries run fast, and people move in and out of positions quickly—so quickly that we often don't receive the training we need to succeed at the job. One area that is notoriously overlooked are the skills necessary to work with personnel. These so-called soft-skills are not soft at all: they're essential and mean the difference between a successful, healthy workspace and one that lacks safety.

modules include:

- Managing with Mental Health in Mind
- Emotional Intelligence for Leaders
- Psychological Safety Basics
- Understanding Motivation & Change
- Employee Relations
- Leadership Styles & Approaches
- Creating a Culture of Feedback
- Managing Stress
- Burnout
- Identifying Patterns & Problems
- Reframing Conflict
- Growth & Career Development

organizational leadership

available march 1, 2023

prerequisites

healthy pour primed & leadership skills

availability

year round

delivery

hybrid: virtual & self-led

about

This certification is for those individuals who have organizational influence and are wanting to move the workplace in a healthier direction. Designed to work towards the Healthy Pour Accreditation, organizational leaders will be provided with the tools to craft a workplace that prioritizes well-being and innovate within that space. This is appropriate for those already in a position of leadership or those aspiring to be in the future.

the format:

this training is a minimum 3+ month commitment with a bi-annual re-certification, though we encourage individuals to maintain their study throughout the year. In addition to self-led modules, this subscription offers weekly consultation groups to discuss issues, challenges, and wins with like-minded leaders from all over the world.

Those who complete the certification will be equipped to structure a workplace that supports employee well-being alongside a network of individuals with the same pursuit.



facilitator training

available june 1, 2023

about

The Healthy Pour Primed Certification is transformational for organizations and communities, and having someone local or even within an organization helps to make that valuable education more accessible and its delivery flexible. This certification is available to industry professionals, mental health practitioners, and those in leadership positions, and enables them to teach the Level One Certification within their communities and workspaces.

the format:

This cohort training is a minimum 3 month commitment with an annual re-certification, though we encourage our students to continue their studies with us throughout the year to expand their knowledge base and skill sets in the areas of organizational psychology, public health, and mental health.

Those who complete the certification will be equipped to teach the Healthy Pour Primed Certification, and continue their training to offer other Healthy Pour interventions.

prerequisites

healthy pour primed, leadership skills & organizational leader

availability

quarterly

delivery

hybrid: virtual & self-led

consultant training

available october 1, 2023

about

This is an intensive training to equip individuals to consult with organizations under the healthy pour model. More information to come.

the format:

This training will likely be a 6mo commitment, but more information will come in the next few months.

prerequisites

healthy pour primed, leadership skills, organizational leader, & teacher training

availability

quarterly

delivery

in person, virtual, & self-led