



Mental health training for managers



Mental health training resources can help you:



Develop your leadership skills



Enhance your team's performance



Create a more productive workplace culture

Unlock your full potential! Learn to manage with empathy and support mental health well-being in the workplace.

All training videos and an educational booklet are available on our website.

Learn more today at sunlife.ca/mentalhealtheeducation

Life's brighter under the sun

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