



ZING365
Learning without limits

MENTAL HEALTH IN INSURANCE

WHAT WE WILL COVER

- Understanding the mental health challenges in insurance.
- Techniques for managing stress in the workplace.
- Setting boundaries and managing workload effectively.
- Tips for incorporating healthy habits into daily routines.
- Tools for building resilience and coping effectively with challenges.
- Cultivating self-confidence and assertiveness.
- Understanding the importance of holistic wellness.

SUMMARY

In the fast-paced insurance world, mental health is gaining increased recognition as an essential factor of overall well-being.

Promoting mental health wellbeing is a collaborative effort that involves both employers and employees. Proactively managing your own mental well-being contributes to a more positive work experience and an enhanced overall quality of life.

In this session, we will delve into the connection of mental health and the insurance industry. Through interactive discussions and practical tips, we will explore the unique challenges faced by insurance professionals and ways to foster a healthy and supportive work culture.

OBJECTIVES

By the end of this course, you will;



Understand the importance of mental health in the insurance industry.



Explore techniques for fostering resilience and coping with adversity.



Learn practical strategies to manage stress and maintain mental wellness.