

Mental Health Awareness: Focus on Banking and Finance Industry

Overview

Banks are focusing more on mental health and physical wellbeing, as staff are having to deal with the high levels of pressure exacerbated by the COVID-19 pandemic. City Mental Health Alliance's (CMHA) recent research showed that 32% of employees in the finance industry have experienced stigma due to a mental health condition. Partnering with the CMHA, this seminar will examine mental health in the workplace focusing on the banking and finance industry, with the aim to create a mentally healthy environment.

Agenda

- How can management identify stressors in the workplace to better manage the staff?
- How to provide support to high-risk staff (e.g. middle management, new joiners) to address common mental conditions especially WFH stress?
- How can data and insights help banks & financial institutions to create mentally healthy workplaces, both physically and virtually?
- How to build resilience amid COVID-19 pandemic for the highly regulated banking environment?
- How to facilitate a greater openness to wellbeing conversations under the pandemic?
- Sharing of insights from a recent CMHA HK Finance C-suite event

Who Should Attend?

- All banking practitioners, especially team leaders, executives and HR specialists

Event Details

Date	25 February 2022 (Friday)
Time	Registration 3:00pm Webinar 3:30pm – 4:30pm
Format	Online seminar conducted via Zoom
Fees	FREE for HKIB members / HKD200@ for non-members
Language	English
CPD hours	1 hour HKIB CPD (Except AAMLPL and CAMLPL holders) / SFC CPT / PWMA OPT
Enrollment	Click here or scan the QR code



Speaker



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In collaboration with: