LEADERSHIP MOT OFFERS MEANS TO TRIAGE EMPLOYEES' MENTAL HEALTH AND WELL-BEING

Thursday 27 May, 2021

Business psychology consultancy Omada understands the importance of mental health and well-being in the workplace. Having been asked by numerous clients to check-in on the well-being of their staff during the Covid-19 pandemic, Omada has developed and launched *The Leadership MOT*. The problem, until now, is that there has been no readily accessible way to effectively assess mental health in the workplace.

When you put your car into the garage for an MOT, you hope and expect that it will pass. It is a relatively quick, simple, and inexpensive means by which to ensure you and your passengers are not exposed to unnecessary risk on the road. But, sometimes, the mechanics find something that needs further attention before the vehicle can be declared roadworthy and insurable once more. In effect, *The Leadership MOT* is a simple evaluation of an individual or team's well-being and roadworthiness.

Grant Morffew, Managing Director of Omada, commented: *"Even before Covid-19, we were facing extraordinary mental health challenges, with those in professional occupations showing the highest prevalence rates of work-related stress, depression and anxiety at more than 2,000 cases per 100,000 workers. Throughout lockdown, further significant challenges have been placed on leaders and team members, be that upending operational practices, implementing new strategies, amending workforce plans, or engaging their teams through virtual means."*

He continued, *"As psychologists, we recognise that for some the demands of this period have often been overwhelming. People's mental health challenges may not be 'easing' at the same rate as lockdown and many have told us that there is little fuel left in their tank."*

The Leadership MOT is a toolkit focused on 'leadership well-being', one designed to evaluate and then, if support is required, address any flagged concerns. It combines an online assessment, an MOT report, and debrief with a psychologist, who will help devise a leadership well-being action plan tailored to the individual, and identify any ongoing support needed from a team comprising clinical and occupational psychologists, executive coaches, counsellors, and nutritional therapists, or the employer's own occupational health providers.

About Omada

Omada specialises in the development of executives and executive teams. In a 2019 comprehensive review by Plimsoll Analysis of the top 170+ UK companies in the executive coaching industry, Omada was recognised as a 'beacon of success'. The Omada team want to help as many individuals and organisations as possible to recover from the mental health struggles manifest throughout the pandemic. They believe the first step is encouraging a conversation around mental health and well-being in the workplace.

Omada currently supports as its chosen charities *YoungMinds*, an organisation that does fantastic work in supporting young people's mental health, and *Chance to Shine,* a national cricket charity that works in state schools across England and Wales to give all children the chance to play, learn, and develop through cricket. Omada has also raised funds for the *National Emergencies Trust* since the outbreak of Covid-19.

To find out more, call Rebecca Olden, Operations Manager at Omada on +44 (0)117 973 1555, email the team at leaders@omadaconsulting.com, or visit the website at www.omadaconsulting.com

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