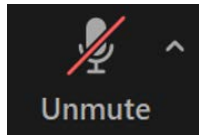
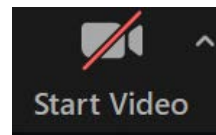


Welcome: Supporting Mental Health

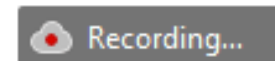
Webinar Length: 1h 30m



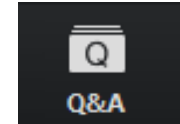
Attendees' microphones are automatically **muted**.



Attendees' videos are automatically **turned off**.



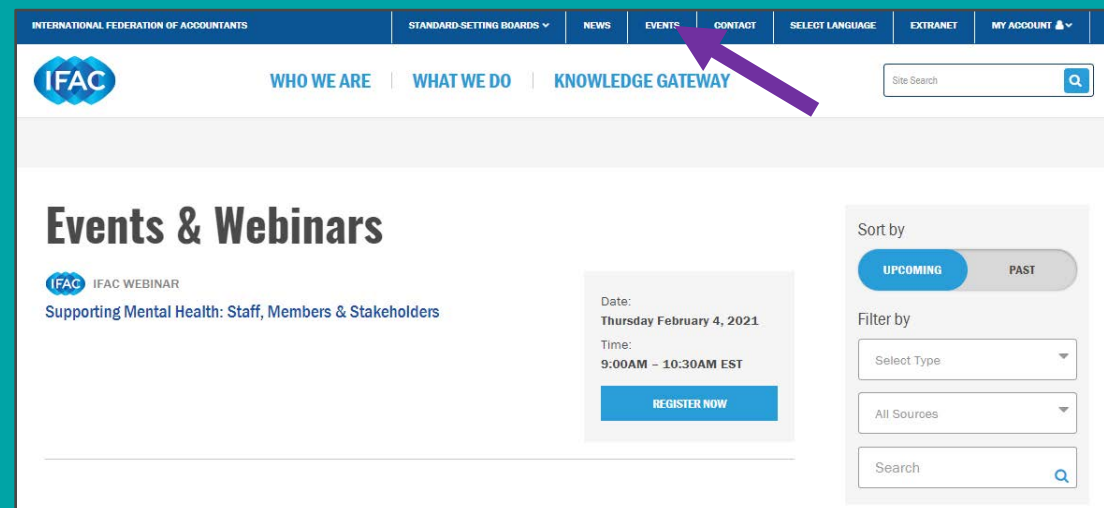
If you cannot stay on the whole time, this presentation is being **recorded**.



Please use the **Questions & Answer (Q&A) button** rather than the chat to enter questions for the presenters.

The **recording** will be available after the webinar.

It will be located on the webinar's dedicated webpage on the **IFAC Events tab**.



The screenshot shows the IFAC website's top navigation bar with links for "STANDARD-SETTING BOARDS", "NEWS", "EVENTS", "CONTACT", "SELECT LANGUAGE", "EXTRANET", and "MY ACCOUNT". The "EVENTS" tab is highlighted with a purple arrow. Below the navigation bar, the "Events & Webinars" section is displayed, featuring the IFAC logo, the text "IFAC WEBINAR", and the title "Supporting Mental Health: Staff, Members & Stakeholders". The event details show the date as "Thursday February 4, 2021" and the time as "9:00AM - 10:30AM EST", with a "REGISTER NOW" button. On the right side, there are filters for "Sort by" (UPCOMING, PAST) and "Filter by" (Select Type, All Sources), along with a search bar.

ACCA student wellbeing

Robyn Lorimer – Global Marketing Campaign Manager



Think Ahead

© ACCA

Public

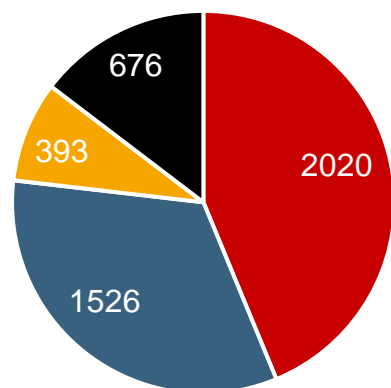
A young man with curly hair is looking out a window, resting his chin on his hand. The background is a blurred view of trees and a building.

What were our objectives?

- To provide mental health and wellbeing support for students.
- Find out directly from students how they view the support we provide when it comes to wellbeing.

What did our students say?

Has studying had an impact on your mental health?



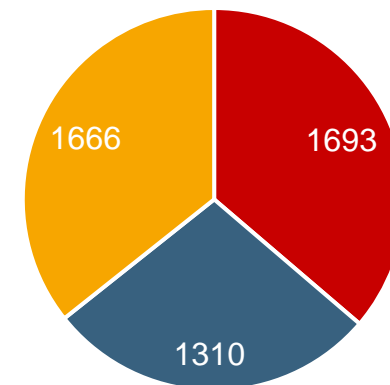
■ Yes, positive ■ Yes, negative ■ No ■ Don't know

“Advice from mental health experts on dealing with exam pressure.”

“Tips on having a work, life, school balance. Tips on getting sufficient sleep”

“Sessions on managing mental health during stressful periods leading up to exams

Do you feel ACCA adequately supports your wellbeing?



■ Yes ■ No ■ Don't know

Student wellbeing hub

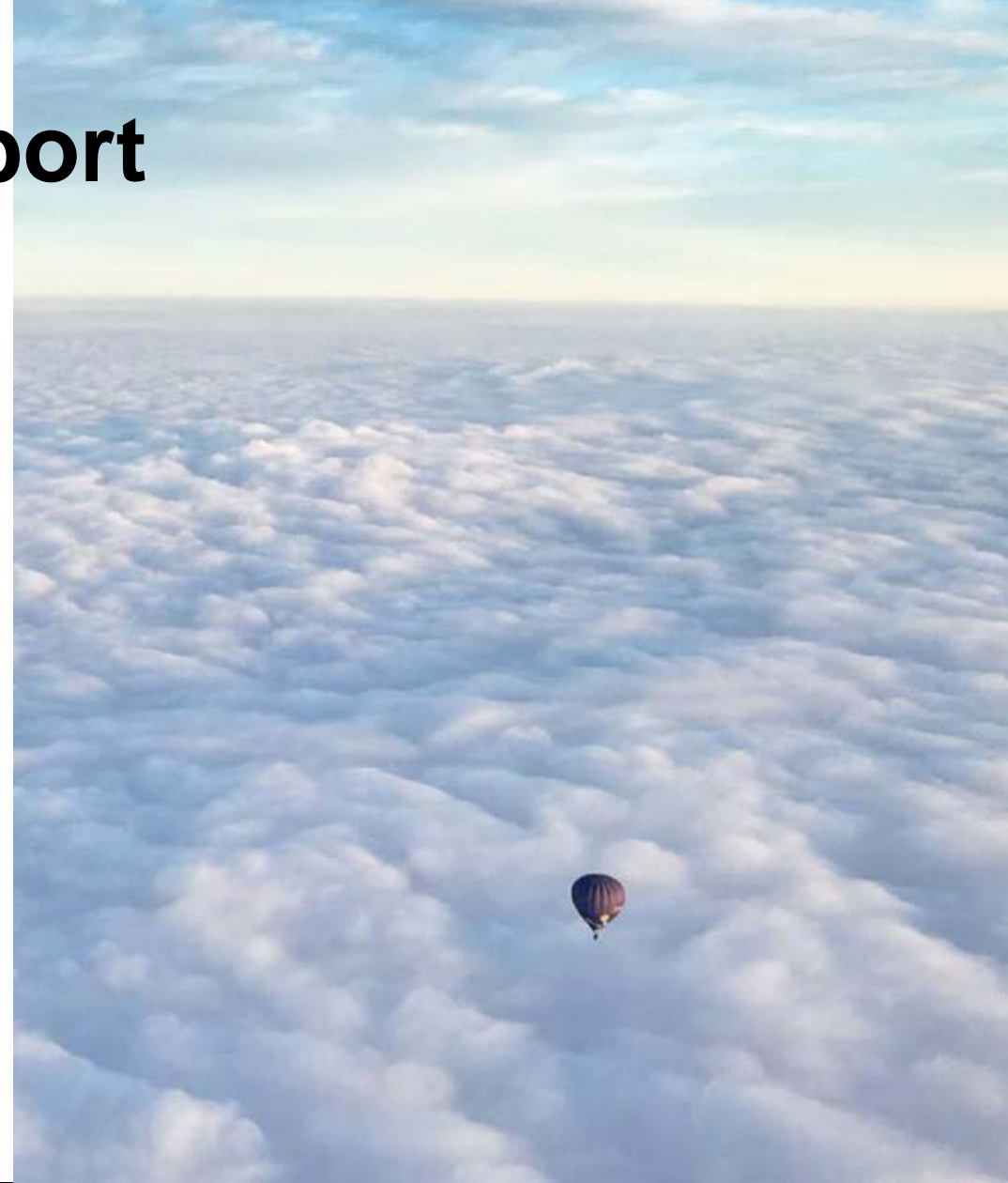


- Mental health
- Lifestyle
- Community support
- Studying well
- Coping with exams
- Wellbeing at work

accaglobal.com/studentwellbeing

Exclusive resources to support good mental health

- Anxiety 101 podcast series
- The 531 formula
- Meditation made easy
- Sleep series





Covid-19 and beyond

- Webinars and Facebook live sessions throughout 2020
- New videos, articles and podcasts
- Member wellbeing – new resources and hub



Thank you
accaglobal.com/studentwellbeing



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Mental health and wellbeing - ICAEW

IFAC 4 FEBRUARY 2021



***What we are
hearing***

Insights – ICAEW members

Cannot see
an end to it

traumatic

Stress levels are
through the roof
across the board

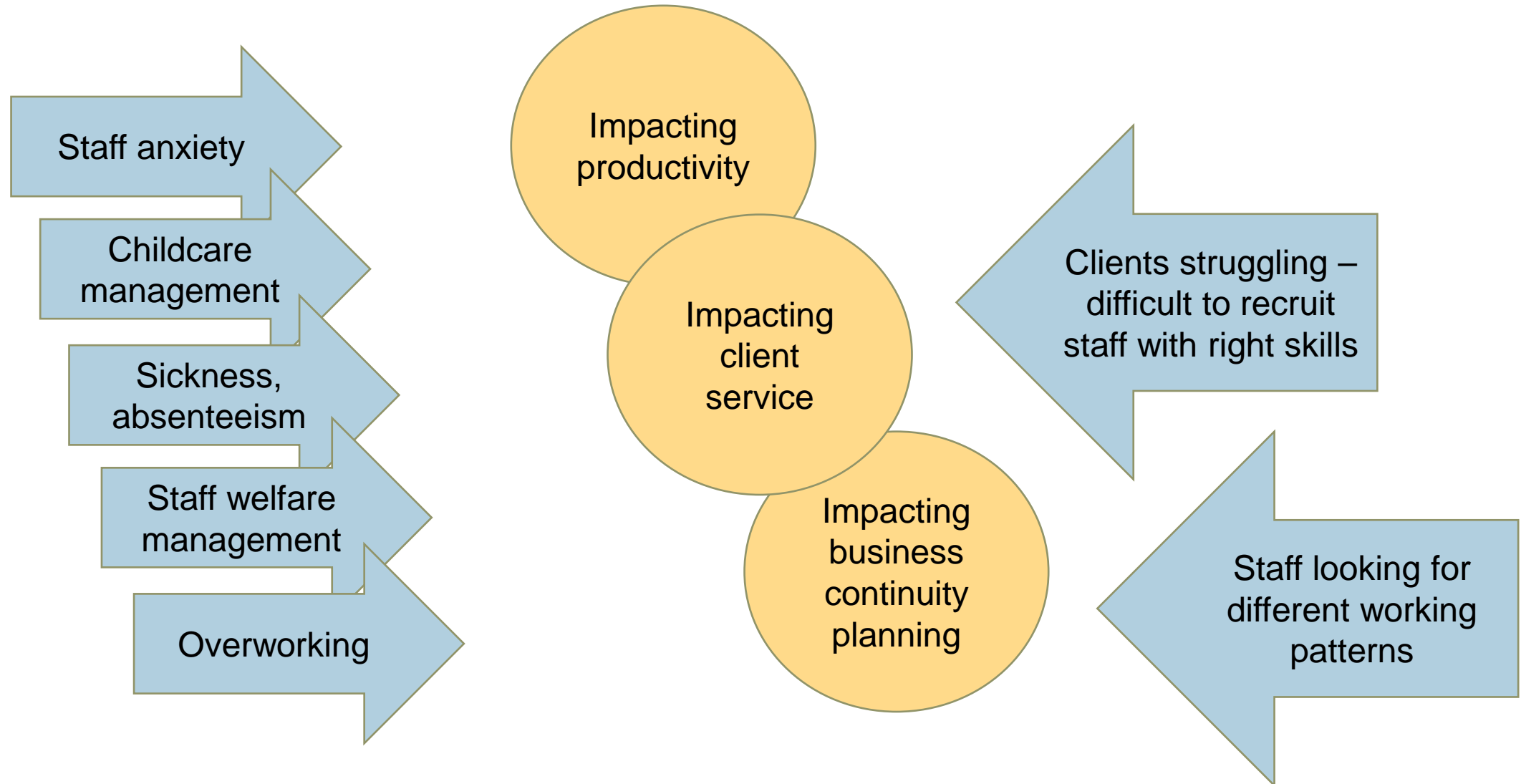
Running on
empty

exhausting

Feel like I'm
having to tap
dance on ice
whilst juggling

Some of my staff are
close to breakdown

Insights – ICAEW members





Support for our members

Inform - Content

Training - Events

Personalised support

Communication



ICAEW Faculties



Content – from across ICAEW

Understanding mental health in accountancy teams

6 January 2021: With the country plunged back into lockdown, professionals are expecting a mental health epidemic over the coming months. Author and practice owner Della Hudson outlines several strategies to help cope with the current crisis.

2020/21 Reporting Season: plan for year end but also for wellbeing

23 November 2020: We know that the 2020/21 reporting season is going to be tough for many, but do we know how we are going to cope with it? Isabelle Campbell, CABA Trainer and Coach (and also Commercial Finance Director and Chartered Accountant), urges members to write mental health into the equation.

Health and wellbeing during COVID-19

The coronavirus crisis has forced many people to change their usual work practices and work from home for an extended period. This page gathers together useful resources providing practical advice on how to maintain your physical and mental health during the pandemic.

How accountants are coping with the mental health pandemic

3 December 2020: Accountants are having to offer more mental health support to clients this year. One accountant shares his experiences.

2020/21 Reporting Season: how much harder could it be for retailers?

13 January 2021: With a difficult year behind them, the upcoming reporting season is likely to cause further issues for both retailers and their auditors. We speak to Jacqui Baker, boutique owner and Audit Director at RSM UK Audit, about year ends, going concern and wellbeing.

Content – in partnership with others

SPONSORED

INSIGHTS

How do accountancy staff feel about their wellbeing at work?

Eight top tips for wellbeing in the workplace

20 January 2020: we spend the majority of our time at work, so our wellbeing in the workplace should be of paramount importance. Sarah Dale, former PwC chartered accountant and now chartered occupational psychologist and founder of Creating Focus, shares her tips.

How to tackle stress at work

23 March 2020: increasing pressures on audit, dealing with Brexit... stress levels among accountants are growing. CABA and Mind sat down to discuss how to deal with a problem on the rise.

Mental health awareness

The COVID-19 pandemic has left many feeling unsettled. With worries about health, loved ones, jobs and finances, it can be hard to know where to turn. As we enter Mental Health Awareness Week (18-24 May), we provide a roundup of the resources available

Webinars and events

Maintaining wellbeing during
audit busy season

How can you be an effective
director in the time of
COVID-19?

Charities & COVID-19: short
term financial resilience

Authentic Happiness: the
theory and practice of
wellbeing

Mental health first aid – Your
clients in mental health crisis
- how can you help

Yoga and wellbeing

Leading hybrid teams

And it continues



ICAEW Faculties



ICAEW Support for Members

Inform

Health and wellbeing during COVID-19

The coronavirus crisis has forced many people to change their usual work practices and work from home for an extended period. This page gathers together useful resources providing practical advice on how to maintain your physical and mental health during the pandemic.

Train

Mental health first aid – Your clients in mental health crisis
- how can you help

Personalised



ICAEW Support Members Scheme

- Free, confidential and non-judgmental support to chartered accountants in difficulty
 - ICAEW member volunteers
 - Speak to 'someone like them'
 - Self-serve
 - Central team support
- A listening ear, signpost guidance and further support



CABA

Free to past and present ICAEW members and their families, students and ICAEW staff

The CABA way

Wellbeing is at the heart of everything that we do. We believe that positive wellbeing comes from balancing the different elements of our lives. Our goal is to help members of the chartered accountant community find and maintain that balance, so they can live happy, healthy and fulfilled lives.





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Coping strategies under COVID-19

- 'body and soul': sleep, water, nutrition, nature
- 5 further pillars to build/maintain resilience:
 - activity
 - learning
 - giving
 - social contact
 - being in the present
- 'logistical matters'
 - work and home boundaries
 - time vs energy vs task
 - mantras and positivity
 - taking breaks
 - time for self-care
- letting go, and being *intentional* (certainty in a world of change)



TREASURY
EXCELLENCE
AS STANDARD

RESOURCES ON WELLBEING

Podcasts

Caroline Stockmann, ACT Chief Executive, has produced a series of podcasts on Strategic Insights. The series focuses on a range of topics for personal development, including mental wellbeing.

New podcasts will be added to the series throughout 2021:

<https://www.treasurers.org/strategic-insights-podcasts>

Articles

The Treasurer, ACT's magazine, regularly covers wellbeing topics. You can explore all the articles here: <https://www.treasurers.org/hub/treasurer-magazine>

Recent articles on wellbeing include:

- [Resilience: dealing with disappointment in a pandemic age](#)
- [How to master the art of optimism](#)
- [How to look after staff mental health](#)
- [Managing anxiety](#)

Videos

The ACT has included content on wellbeing in our conferences and events. Our videos are available on [YouTube](#), and the following sessions are particularly relevant:

ACT Annual Conference 5-8 October 2020

[Adapting working patterns to support wellbeing and improve productivity](#)

[Diversity and inclusion](#)

[A 10-minute meditation from the ACT Annual Conference Time Out Zone](#)



TREASURY
EXCELLENCE
AS STANDARD

ACT Festival of Treasury Transformation 13-16 July 2020

[Leading through change](#)

[Mental health](#)

International Treasury Week 11-14 May 2020

[Mental wellbeing challenges and coping mechanisms in times of lockdown](#)

[Mental wellbeing: top tips for thinking in a resilient way](#)

Blogs

[Why looking after your mental health and wellbeing is critical](#)

[Mentoring and career development in times of crisis](#)

[Time critical conversations: resilience](#)

[Time critical conversations: managing anxiety and stress](#)

[Time critical conversations: steps for leaders](#)

About the ACT

The Association of Corporate Treasurers (ACT) is the only professional treasury body with a Royal Charter. We set the global benchmark for treasury excellence and lead the profession through our internationally recognised qualifications, by defining standards and by championing continuing professional development. We are the authentic voice of the treasury profession representing the interests of the real economy and educating, supporting and leading the treasurers of today and tomorrow. www.treasurers.org



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Create a culture of wellbeing

Anne-Marie Russell

Investing in wellbeing

- Helps address the root cause
- Proactive vs reactive
- Increased engagement
- Productivity levels
- Creates an environment of openness
- A culture of personal responsibility



Insight exercise

- Listening sessions for employees
- Insight workshops with key stakeholders
- Dashboard
- Engagement survey results
- Current Benefit offering

Wellbeing Strategy

- Targeted approach based on insights
- Steering group
- Community/ Networks
- Communication of wellbeing initiatives

Implementation & Evaluation

- Wellbeing calendar
- Wellbeing workshops
- People manager training
- Embed the learnings

Supporting your teams during the pandemic

Challenges

Duration of lockdown/restrictions

Home schooling/caring responsibilities

Isolation

No separation between work and home life

Impact on physical and mental wellbeing

What to look out for

Is there a change in mood/behaviour?

Is there a difference in performance?

Do they know when to switch off from work?

How do they seem on screen?

How can you support

Wellbeing check in calls

Flexible working

Wellbeing drop in sessions

Signpost to wellbeing resources, e.g. EAP

Webinars



Key takeaways

- Not a one size fits all approach
- Involve your people
- Gather your data
- Focus on where you can make the biggest improvement
- Address and be flexible based on emerging needs

A rowing team of nine people is silhouetted against a sunset sky over a body of water. The sun is low on the horizon, creating a warm orange glow and reflecting on the water. In the background, there are mountains and a city skyline. A large, semi-transparent white rectangle is centered over the image, containing the text 'Thank you' in a bold, white, sans-serif font.

Thank you



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