

# July 7: How SkillTech is Revitalizing Frontline Employee Mental Health



**SPEAKER:** Dr. Ryan Todd

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Experiences that live within the workday ‘empowering people to learn by doing’ is a shift in thinking when it comes to improving employee mental health and safety. Where the traditional model has been more lecture-based, taking employees away from their work for several hours and lacks continuity, this evolved approach considers that people learn better through practice. Studies have shown that lecture-based training, or even training in the form of reading materials, is a passive learning style where only 5-10% of information is retained after twenty-four hours. On the opposite end, learning by doing sees retention jump up to 75% after twenty-four hours. This session, led by Dr. Ryan Todd, CEO of the mental health tech company headversity, talks about how SkillTech is offering employees utility and on the job, real-time training for mental health, and why employers need to know about it.

Dr. Ryan Todd is a psychiatrist and technologist, founding the workplace mental health and resilience platform, headversity. His work at headversity brought together a team of psychiatrists, psychologists, and educators to build an industry-redefining platform that is setting the new standard for workplace mental health, working with some of North America’s largest and leading employers. Dr. Todd is also an award-winning documentarian, a Top 40 under 40 recipient with Avenue Magazine, a published researcher, and the host of the popular HR podcast, ‘Beyond the Checkbox’. Through headversity, Dr. Todd envisions shifting mental health out of the back-logged system and into employees’ hands through personal resilience training.