

Our workplace learning and development courses

Our courses are designed to enable people in the workplace to spot the early signs of a mental health episode, or help someone potentially struggling to manage their own mental wellbeing, even if it's as simple as an ear to listen or acknowledging they've not seemed quite themselves lately.

Please contact us for course availability and our current fee schedule.

Course title	Course overview	Aimed at	Duration	Delivery
Mental Health Awareness for Line Managers	Gain an understanding of common mental health issues, and how to spot signs, along with learning skills on how to appropriately support and manage someone with mental health issues.	People in the workplace who have line management responsibilities & HR specialists.	Full day	Face-to-face
Wellbeing First Aid	Develop a supportive response to someone who is struggling with their emotional wellbeing and build confidence to be able to offer support and signposting options. The workshop identifies the clarity of your position as a first aider within strict boundaries and builds the support options for you so that you are never dealing with a situation beyond your training.	Application is available to anyone wishing to act in a supportive role (subject to completion of a self-reflection questionnaire).	Full day	Face-to-face
Mental Health - Looking after yourself and others	Provides an effective approach to help understand what happens physically when faced with challenges and how to support and build resilience for yourself and your colleagues.	People in the workplace	Half-day	Face-to-face
Introduction to a Buddy System	This workshop focuses on building a relationship, creating a supportive environment and getting the best out of "check-ins" using evidence based psychological models for those who have been struggling and requires some temporary structured support.	Managers and those in a 'buddy' supportive role	Two and a half hours	Face-to-face
Building Resilience	Will help to understand the factors that influence resilience, the importance of developing a healthier lifestyle and building on/strengthening strategies to help with resilience.	People in the workplace and other settings	Two hours	Face-to-face
Building a Wellbeing Strategy	Provides a powerful approach to keeping yourself and colleagues healthy by making sense of mental health in the workplace and exploring topics such as indicators and management.	People in the workplace who have management responsibilities and business owners	Two hours	Face-to-face

You should define you



The Stress Bucket	Provides knowledge to identify and manage stress levels on a personal and interpersonal level, including common triggers of stress, physical changes due to stress and how to implement a balanced approach to looking after mental wellbeing.	People in the workplace and other settings	One hour	Face-to-face & webinar
Coping with Change	Learn about the emotional responses to change, and the challenges major life events and change present. Provides an understanding of how to spot signs of distress, along with coping tools to support wellbeing and manage changes.	People in the workplace and other settings	One hour	Face-to-face & webinar
Supportive Listening	To gain an understanding of active listening and techniques used to aid this. Learn how to 'listen' to non-verbal communication, understanding the impact of body language, tone of voice and environment, and practice supportive listening.	People in the workplace and other settings	One hour	Face-to-face & webinar
Adopting a Flexible Mindset	Provides an informative exploration of the challenges created by living with uncertainty, and how to manage our response and wellbeing in these times.	People in the workplace and other settings	One Hour	Face-to-face & webinar
The 4 steps of support	A 4 step model to provide a structured approach to supporting anyone who may be facing mental wellbeing challenges.	People in the workplace and other settings	One Hour	Face-to-face & webinar
The Circle of Control	To give an introduction to a model that was developed in line with principles from Cognitive Behavioural Therapy (CBT). This model will help you to have more power over the things you feel are out of control.	Anyone who is interested in managing their mental wellbeing, and wanting to learn how to respond effectively to challenges and change.	One Hour	Face-to-face & webinar
Staying the Distance	Provides an understanding of emotional reactions in times of disruption and how this impacts our thoughts and behaviours, along with looking at how to manage them and build resilience.	People in the workplace and other settings.	One Hour	Face-to-face & webinar
Managing Wellbeing in a Hybrid Working Environment	This short introductory session provides you with an introduction to the challenges and opportunities created by hybrid working and understanding the link to maintaining wellbeing and performance.	Anyone who is interested in managing their mental wellbeing, and particularly managers who want to navigate the hybrid working environment	One Hour	Face-to-face & webinar
Managing Time and Managing Stress	Provides you with an understanding of the benefits of managing your time well in support of your wellbeing and reducing your levels of stress, set against a backdrop of remote and hybrid working.	Anyone who is interested in managing their mental wellbeing while working remotely and the managers who have responsibility	One Hour	Face-to-face & webinar
Making Connections for Wellbeing	Provides an introduction to the benefits of making connections, social interaction and supportive relationships in developing resilience and looking after mental wellbeing. This session is particularly suited to anyone who wants to learn how to manage worries about social situations.	Anyone who is interested in managing their mental wellbeing.	One Hour	Face-to-face & webinar