

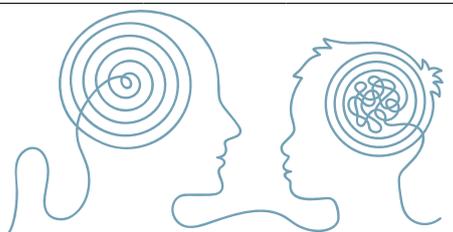
Our mental health & wellbeing courses

Our courses are specifically written for the Isle of Man and are designed to equip people with the skills, knowledge and resources to spot the early signs someone may be struggling with their mental health, even if it's as simple as an ear to listen or acknowledging they've not seemed quite themselves lately.

The following courses are available to organisations wishing to train more than 6 people. Please contact us for availability and our current fee schedule.

Course title	Course overview	Aimed at	Duration	Delivery
Mental Health Awareness for Line Managers	Specifically created for Line Managers, gain an understanding of common mental health issues, how to spot signs, and use management resource to appropriately support someone in your team through intervention techniques such as 1-to-1 meetings and team meetings.	People in the workplace who have line management responsibilities & HR specialists.	Full day	Face-to-face
Mental Health & Wellbeing First Aid	Written for the specific needs of the Isle of Man, this course provides an introduction to mental health as well as topics including depression, anxiety, suicide, referral pathways and listening skills. It also clarifies your role boundaries and builds the support options for you so that you are never dealing with a situation beyond your training.	Anyone wishing to act in a supportive role.	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 you 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
Supporting Young People with Transitions	This course will provide useful information and techniques on understanding the transitions and the impact on the young person and yourselves moving from primary to secondary school.	Parents or guardians	1.5 hours	Face-to-face

You should define you



Creating a Workplace Wellbeing Strategy	This short course will help you understand how best to create an effective wellbeing culture in your workplace regardless of team or organisational size. According to the recent Deloitte report – “Mental health and employers – refreshing the case for investment”, their research showed that for every £1 spent on employee wellbeing, employers got £5 back.	People in the workplace who have management responsibilities and business owners	Two hours	Face-to-face
Implementing and Maintaining a Workplace Wellbeing Strategy	Designed to refresh your knowledge after attending our Creating a Workplace Wellbeing Culture, this short course is a mix of traditional learning and facilitated discussion and looks at the progress, challenges and learnings you have encountered. It will be a chance to share successes and explore why certain options might not have worked.	Ideally, you will have attended our “Creating a workplace wellbeing culture” course before attending this course	Half-day	Face-to-face
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
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
Winter Wellness	A short course to identify the impact that Winter has on all of us with techniques and strategies to combat it.	Anyone who is interested in managing their mental wellbeing during Winter	One Hour	Face-to-face or delivered at your premises
Vulnerable Customer Awareness	To provide you with the knowledge, skills, and toolkit you need to spot a customer might be vulnerable and to access signposting options to support them.	Anyone who potentially interacts with customers who might be vulnerable	3.5 Hours	Face-to-face