

## 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. For bookings of less than 6 people, please visit our website for a list of our current Open Courses.

Course title	Course overview	Aimed at	Duration	Delivery
<b>Mental Health Awareness for Line Managers</b> 	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
<b>Mental Health &amp; Wellbeing First Aid</b>	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
<b>Vulnerable Customer Awareness</b> 	This CPD accredited course provides 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
<b>Mental Health - Looking After Yourself and Others</b>	Provides an effective approach to help understand what happens physically when faced with challenges and how to support yourself and your colleagues.	People in the workplace	Half-day	Face-to-face
<b>Winter Wellness</b>	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	1 Hour	Face-to-face or delivered at your premises
<b>Building a Buddy System</b>	This course focuses relationships and creating a supportive environment through buddy, coaching or mentoring programmes.	Anyone interested in developing a supportive network.	2.5 Hours	Face-to-face
<b>Building Resilience</b>	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	2 Hours	Face-to-face
<b>Financial Wellbeing</b>	Provides strategies to support financial wellbeing and understanding its impact	Anyone interested in supporting their financial wellbeing	1 Hour	Webinar

<b>Practical Hints &amp; Tips for your Mental Wellbeing</b>	This activity-based workshop includes a range of techniques to support your mental health and wellbeing.	Individuals that have an understanding of the theory and would like more practical tips	2.5 Hours	Face-to-face
<b>Supporting Young People with Transitions</b>	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
<b>Creating a Workplace Wellbeing Strategy</b>	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	2 Hours	Face-to-face
<b>Implementing and Maintaining a Workplace Wellbeing Strategy</b>	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
<b>Coping with Change</b>	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	1 Hour	Face-to-face & webinar
<b>Supportive Listening</b>	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	1 Hour	Face-to-face & webinar
<b>Adopting a Flexible Mindset</b>	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	1 Hour	Face-to-face & webinar
<b>The 4 steps of support</b>	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	1 Hour	Face-to-face & webinar
<b>The Circle of Control</b>	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.	1 Hour	Face-to-face & webinar
<b>Stress Identification and Stress Management</b>	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	1 Hour	Face-to-face & webinar