



Workplace Wellbeing Training

with Mind in Greater Manchester



Designed to fundamentally alter attitudes and approaches to mental health and wellbeing across your organisation.



in Greater Manchester
Local Minds working in partnership

More than 70% of employees have experienced mental health problems in their lives, with over 53% of employees affected by poor mental health in their current workplace.

We are Mind in Greater Manchester

A partnership of five local Minds passionate about social change and operating across Greater Manchester. Collectively we strive to ensure everyone can experience better mental health. For us, workplaces are a central part of our wellbeing revolution.



Our training is different to other courses as it is informed by forty years of supporting people to effectively manage their mental health and wellbeing.

What we have learnt is that good mental health and wellbeing is everyone's responsibility and our training provides a template for achieving organisational wide ownership. What you get is practical solutions we know work and a whole organisation approach to cultural change that is tried and tested.

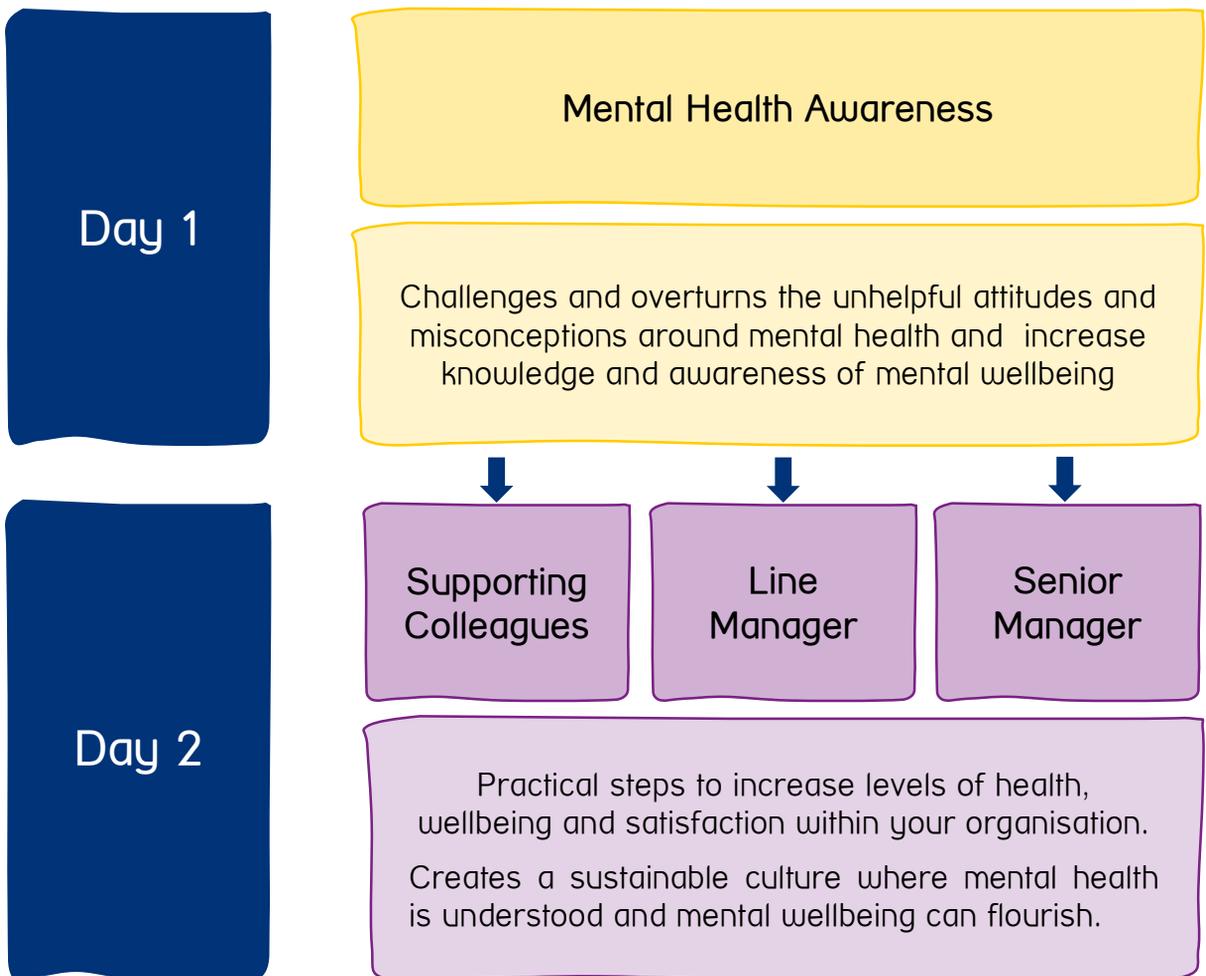


Revolutionising Wellbeing

Training from Mind in Greater Manchester to create profound Culture Change

We are a professional training team, experts in sustainable mental health and wellbeing approaches.

Revolutionising Wellbeing is a two-day sequential training course divided into two distinct phases - one mandatory foundation course and a secondary, specialised training module:



For more information and to book one of our courses, please contact us via our website: gmmind.org.uk/training



Day 1: Mental Health Awareness

Opening the Door to Cultural Change



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Course Content

- Why mental health awareness?
- What is person-centred wellbeing?
- Myths and stereotypes
- Mental health language
- The mental health continuum
- Mental health recovery
- Overview of mental health conditions; signs and symptoms
- Help and support
- Protective factors and coping strategies
- Self-care and workplace stress management

Course Details

Day 1: all participants

£1395 + VAT for 8-20 participants

Public open access courses are available

Who is it for?

- ✓ All staff across your organisation
- ✓ Those both with prior mental health training experience and those without



Day 2: (Option 1): Supporting Colleagues Training

Prevention and Earliest Effective Intervention



for better mental health

in Greater Manchester

Local Minds working in partnership

Course Content

- Why prevention and earliest intervention?
- Effective self-care and coping strategies
- How to effectively support colleagues:
 - spotting warning signs and symptoms
 - boundaries around diagnosis
 - positive interactions
 - active and non-judgemental listening
- Support within your team and on organisational level
- Personal empowerment and recovery
- Own response and effective debriefing
- Treatments, services and help available

Course Details

Day 2: for those below management level

£1395 + VAT for 8-20 participants

Public open access courses are available

Who is it for?

- ✓ Anyone wanting to improve their own wellbeing practice and their mental health support skills for others; this can be colleagues, family and friends.



Day 2: (Option 2): Line Manager Training

Improving Interactions and Outcomes



for better mental health

in Greater Manchester

Local Minds working in partnership

Course Content

- Personal wellbeing practice, effective self-care and coping strategies
- Role and boundaries as a line manager
- How to start a conversation
- Core mental health standards and key legislation
- Organisational practice
- Workplace stress and mental health conditions
- Employee journey and mental health support
- Performance and productivity
- Practical tools and best practice
- Effective signposting

Course Details

Day 2: for line managers and HR professionals

£1595 + VAT for 8-14 participants

Public open access courses are available

Who is it for?

- ✓ Staff in managerial positions and HR professionals looking to improve their approaches and practice for better prevention and effective mental health support.



Day 2: (Option 3): Senior Manager Training

Ensuring Profound Organisational Change



for better mental health

in Greater Manchester

Local Minds working in partnership

Course Content

- Business case and return on investment
- Sickness absence and performance/productivity issues
- Current statistics
- Worst/ best practice examples
- Senior leaders as key influencers
- Organisational culture
- Core mental health standards, policies and practical support frameworks
- Profound culture change
- Joint action planning
- Personal wellbeing practice for senior managers
- Further support and consultancy offer
- Effective signposting

Course Details

Day 2: for senior leaders

£1595 + VAT for 8-14 participants

Public open access courses are available

Who is it for?

- ✓ Staff in senior leadership roles looking to create positive impact, embed substantial culture change and improve wider, organisational outcomes.



Specialist training and workplace wellbeing activities

Additional training modules and workshops



We can help you design a bespoke programme of training and events that will fundamentally change your organisational approach to mental health.

Contact us to discuss your organisation-wide Revolutionising Wellbeing training programme and our discounts available for block booking.



We offer shorter health and wellbeing options that bring benefits to individuals, teams and organisations.

We can offer further specialised training for those with a role or interest requiring the next level of knowledge or skills.

Bespoke themed workplace wellbeing events are also available, ensuring word gets around all levels of your organisation.

To book or for any other training enquiries, please contact us:

 gmmind.org.uk/training

 @MindGMR