

Training & Development Services

Leadership Related Training			
Course Required	Length	Target Group	Booking Information
<p>Leadership Thinking – Mind-sets , Mentality and Motivation</p> <p>Providing the space and time to really reflect on, consider and give space for leadership thinking</p>	<p>1-day</p> <p>16 - 18 delegates</p>	<p>Middle to Senior Managers</p>	<p>This course needs to be booked more than two months prior to the date of delivery</p>
<p>Leadership Behaviours – Having the Vision & Making it Happen</p> <p>Including – clarifying visions, buy-in behaviours, inspiring, what leaders do, getting the right people to ‘do’ what’s needed</p>	<p>1-day</p> <p>16 - 18 delegates</p>	<p>Middle to Senior Managers</p>	<p>This course needs to be booked more than two months prior to the date of delivery</p>

Health & Wellbeing Related Training			
Course Required	Length	Target Group	Booking information
<p>Wellness Recovery Action Plan (WRAP)</p> <p>WRAP standards programme including materials, empowers management and staff with the tools needed to be more aware of their personal wellbeing, to create action plans, enable wellbeing and resilience. and all delegates can deliver this programme on a 1-1 basis</p>	<p>2-days</p> <p>With 2 Facilitators</p> <p>16 - 18 delegates</p>	<p>All staff</p>	<p>This course needs to be booked more than a month prior to the date of delivery</p>

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<p>Wellness Recovery Action Plan (WRAP) WRAP Facilitator Training programme including materials</p>	<p>5-day Dual Facilitation</p>	<p>For Staff who wish to progress to Facilitate Introduction to WRAP Courses</p> <p>Up to 12 delegates</p>	<p>This course needs to be booked more than two months prior to the date of delivery</p>
<p>Mental Health First Aid</p> <p>MHFA standards programme including materials. This course empowers management and staff to be a first responder for mental health issues such as suicide, self-harm and psychosis. To recognise these and to get external assistance.</p>	<p>2-days With 2 Facilitators</p> <p>Up to 18 delegates</p>	<p>All staff</p>	<p>This course needs to be booked more than a month prior to the date of delivery</p>
<p>Mental Health First Aid</p> <p>MHFA standards programme including materials</p>	<p>5-days Dual Facilitation</p>	<p>For Staff who wish to progress to Facilitate Introduction to MHFA</p> <p>Up to 12 delegates</p>	<p>This course needs to be booked more than two months prior to the date of delivery</p>

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<p>Mindfulness – programme for staff</p> <p>Including: the concept of mindfulness, understanding how it can be used to support yourself, colleagues and middle management</p>	<p>1-day 16 - 18 delegates</p>	<p>All staff</p>	<p>This course needs to be booked more than a month prior to the date of delivery</p>
<p>Mindfulness for Managers</p> <p>Including: the concept of mindfulness, understanding how it can be used in a management role to support self and staff</p>	<p>-day 16 - 18 delegates</p>	<p>Managers and team leads</p>	<p>This course needs to be booked more than a month prior to the date of delivery</p>
<p>Self-Care in the Workplace</p> <p>Including: what is self-care and why is it necessary, physiological stress response/cortisol release and action on body, stress reduction techniques, practical hints and tips to help look after yourself</p>	<p>1-day 16 - 18 delegates</p>	<p>All staff</p>	<p>This course needs to be booked more than a month prior to the date of delivery</p>
<p>Having Challenging Conversations Effectively</p> <p>Including: managing interpersonal conflict, win-win thinking, effective communication, de-escalation</p>	<p>1-day 16 - 18 delegates</p>	<p>All managers & staff</p>	<p>This course needs to be booked more than a month prior to the date of delivery</p>

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Core Skills Related Training			
Course Required	Length	Target Group	Booking information
<p>Teambuilding Including – team tasks and activities designed to get the team to know each other better</p>	<p>1-day 18 delegates</p>	<p>Functional teams</p>	<p>This course needs to be booked more than a month prior to the date of delivery</p>
<p>Team working Including – understanding team working models (Belbin & Tuckman) and functional building of a team. SWOT – of individual's & teams, sharing of individual strength. Team talks to focus on real life work – with coaching to achieve better results</p>	<p>2-days With 2 Facilitators 18 delegates</p>	<p>Functional teams</p>	<p>This course needs to be booked more than a month prior to the date of delivery</p>
<p>Mediation Skills Including – what is mediation, models of practice, de-escalation, active listening, reframing, 'interpreting'</p>	<p>2-days 18 delegates</p>	<p>All staff with remit & aptitude</p>	<p>This course needs to be booked more than a month prior to the date of delivery</p>
<p>Conflict Resolution in the Workplace Including – understanding workplace dynamics, de-escalation techniques, effective communication, negotiation and agreement, win-win strategies</p>	<p>1-day 18 delegates</p>	<p>All staff</p>	<p>This course needs to be booked more than a month prior to the date of delivery</p>
<p>Becoming Assertive Including – what is assertiveness, recognising main behaviour archetypes (aggressive, passive aggressive, passive etc.), practical skills development in being assertive</p>	<p>1-day 18 delegates</p>	<p>All staff</p>	<p>This course needs to be booked more than a month prior to the date of delivery</p>

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<p>Supervision and Reflection</p> <p>Including – understanding communication skills in facilitating Supervision, key skills in the management of one-to-one and group supervision processes, legal, professional, employee and personal accountability, self-evaluation tools and action plans and the power of reflection in learning and development</p>	<p>1-day</p> <p>18 delegates</p>	<p>All staff with remit & aptitude</p>	<p>This course needs to be booked more than a month prior to the date of delivery</p>
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