

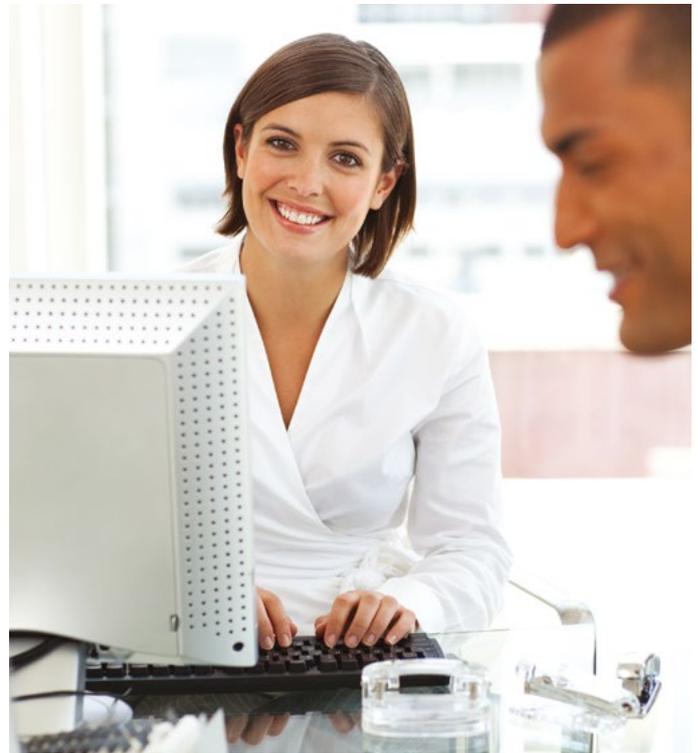
Shawmind Online Training

Mental Health First Aid for Managers

This 3-hour course is aimed at line managers, HR managers and senior management.

Combining elements of the Basics of Mental Health Support course, this course will give you an overview of the mental health process that your trained Mental Health First Aiders will follow, lay the foundations for you to develop your organisation's mental health plan to increase care of your workers, increase productivity, and give you insights into where the risk areas are that need to be addressed.

Presented by a Mental Health First Aid England-registered trainer, the course is split into 3x1-hour sessions over 3 days. Price is per person for the full 3-hour course.



Basics of Mental Health Support

A top-rated mental health support course adapted and presented live online by a Mental Health First Aid England-registered trainer.

Aimed at those who want to be able to provide mental health support to their colleagues, support their organisation's existing Mental Health First Aiders, or simply want to better understand their own mental health, this course takes place over 4x1-hour sessions (over 4 consecutive days). Classes are limited to a maximum of 10 people to ensure participation and learning for everyone.

All participants will receive a certificate upon successful completion of the course.

For a limited time we are offering this course at an introductory rate,

to help individuals & organisations ramp up their Mental Health First Aid skills during the Coronavirus crisis and the anticipated increase in mental health support calls that organisations will be facing.

Mindfulness Calming the Chattering Mind

Mindfulness ... calming the chattering mind is an interactive 6-week course which takes place in 6 x 1-hour sessions.

They are run by an experienced mindfulness facilitator and coach, in sensitive, lively and enlightening ways which involve humour, stories and examples. Each participant is expected to engage and there are tasks set for each week to help you practice what you have learned.

The course programme:

Week 1 – Introduction to Mindfulness

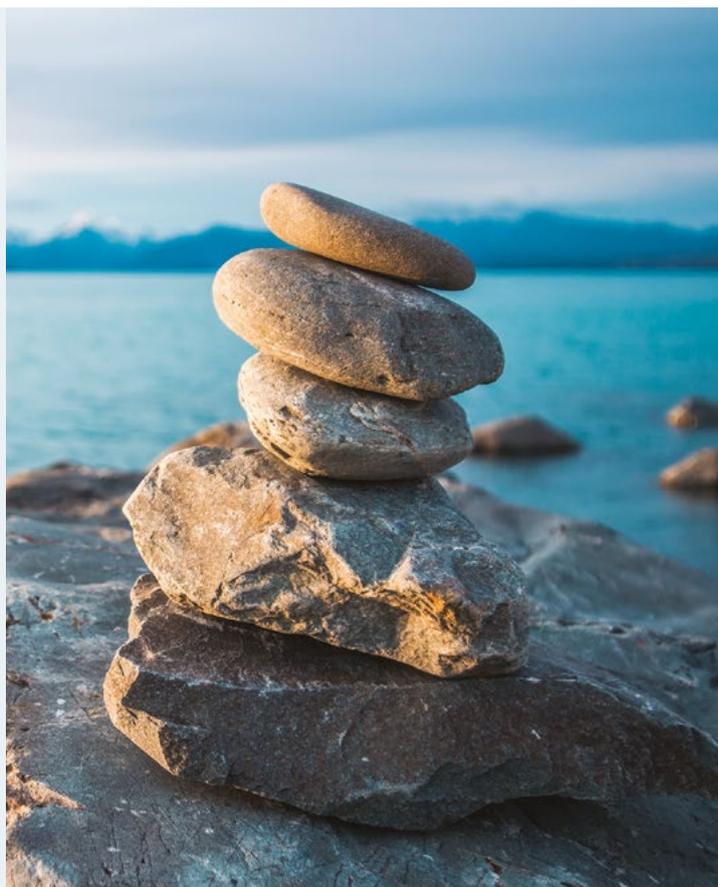
Week 2 – What it means to be Present

Week 3 – Letting go of Attachment

Week 4 – The neuroscience of Self Compassion

Week 5 – Harnessing Mindfulness in relationships

Week 6 – Applying Mindfulness throughout your workday



The Mindful Approach to Resilience

The Mindful Approach to Resilience course follows on from the Mindfulness ... calming the chattering mind course.

We highly recommend that you first learn how to practice Mindfulness before taking this course. Presented by an experienced Mindfulness and Resilience teacher, facilitator and coach, this interactive and engaging course takes place over 6 weeks in 6 x 1-hour sessions. Participants are given tasks each week to help them learn how to develop and practice Resilience.

The course programme:

Week 1 – Introduction to Mindful Resilience

Week 2 – Meeting uncertainty with Self Compassion

Week 2 – Mindfully managing work pressures

Week 4 – Developing healthy and effective workday routines

Week 5 – How to Mindfully embrace change

Week 6 – Applying Mindful Resilience throughout your workday



Head Office The Foundation Centre, Navigation House, 48 Millgate, Newark, Nottinghamshire NG24 4TS. UK | **T:** +44 (0)1636 600 830

London Office 20-22 Mortimer St, Fitzrovia, London W1T 3JW. UK

We are a registered charity in England (1167947), and a registered charitable company (09921207) in the UK.