

# Mental Health and Wellbeing Training – Two Day Workshop



## At a glance...

### Customised Provision

Delivery Method: Classroom

### Introduction

This course is aimed at staff at middle management level or people who want a greater understanding of things that can impact their own wellbeing plus how to improve or maintain good mental health.

### Overview in brief

This two day course is relevant for staff working in a variety of organisations, throughout schools or colleges, also small businesses. Maintaining our own wellbeing/having good mental health is relevant for absolutely everyone.

### The finer details

#### Format: Two Day Training Course (9.30-4.30)

#### Day 1

The training course/workshop involves interactive discussion, presentations and group activities which help to teach and reinforce each subject area.

8.45-9.30 Registration

9.30-10.00 Introductions including agenda and first group activity, plus site information/health and safety issues and safety contract (ie confidentiality and sharing information with others).

10.00-10.45 Key Concepts of Wellness Recovery Action Planning (WRAP) Training: Hope, Personal Responsibility, Education, Self Advocacy, Support

10.45-11.00 BREAK

11.00-11.45 Issues that need to be addressed

\* Getting good medical care





\* Medication management

\*Suicide Prevention

11.45-12.30 Introduce WRAP: Self Monitoring and Response System

12.30-1.30 LUNCH

1.30-4.00 Wellness Toolbox (2.45-3.00 BREAK)

4.00-4.30 Summary and Close

## Day 2

9.30-10.00 Review of Day 1

10.00-10.30 Developing a WRAP

10.30-10.45 BREAK

10.45-12.00 Crisis Planning

12.00-12.30 Issues Related to Trauma

12.30-1.30 LUNCH

1.30-2.00 Self Esteem

2.00-2.45 Developing a Wellness Lifestyle

2.45-3.00 BREAK

3.00-3.30 Peer Support

3.30-4.00 Motivation and Problem Solving

4.00 Evaluation and Close

## Who should attend?

The course is aimed at staff working at middle management level or any individual who wants a greater understanding of factors impacting on their wellbeing plus ways of improving or maintaining good mental health. The two day course is relevant for staff working in a variety of settings from corporate organisations to small businesses, throughout the education system



from school or college attenders to teaching staff. It is highly relevant to people working within the emergency services. This course is for all land-based companies, farming/agricultural/forestry/fishing industries and wider communities.



## What will be covered?

The three day course covers the same topics as the one day workshop, however each section is discussed in greater depth and additional time is allowed for group participation and activities that consolidate the training. Key concepts of WRAP: hope, personal responsibility, education, self advocacy and support are integral to the training as each one offers different aspects to assist a person's wellbeing and maintain good mental health.

Objectives of the course are:

- Self monitoring using the WRAP techniques.
- Achieving the highest level of wellness for each individual
- Responding positively to mental health challenges
- Suicide prevention
- Finding, using and keeping a strong support system
- Accessing good health care and managing medications
- Building a lifestyle that promotes wellness

