



Taking Care of Your Mental Health Training

Looking after your mental wellbeing

Building resilience and a positive mindset

The Taking Care of Your Mental Health training programme introduces participants to powerful techniques and coping strategies that ensure positive mental wellbeing and self-protection in the workplace.

The course is designed to reduce staff absenteeism, build resilience and create a positive working environment for everyone involved.

Course content

Engaging, practical and thought-provoking content will outline effective strategies and tools to help participants look after their own mental health and achieve a more fulfilling career (and life at home).

- Understand what mental health is
- Take responsibility versus victim mode
- Discover how to focus and quieten self-talk
- Learn how to alter faulty thinking styles
- Find balance in a turbulent world
- Master inner thoughts and emotions
- Find natural strengths, talents and gifts
- Know when and who to ask for help

The course will encompass discussion around psychology and physiology to help participants discover tools and skills that boost emotional wellbeing and dissolve stress. Being open about experiences is encouraged to help all participants learn and grow together.

Who is this course designed for?

The course is ideal for anybody working in the healthcare industry or who has a health role with education, social services, care or charities. The course content is particularly relevant for senior personnel and professionals who work in environments that are challenging, both mentally and emotionally.

Call: 0330 100 2821
Email: training@momentumpeople.co.uk
Visit: momentumpeople.co.uk

Course Duration

Taking Care of Your Mental Health is a full day course. Please allow for an eight-hour day including lunch and breaks.

Helped me to recognise the experience I had had (shared with the group) and to recognise that I need to continue to stay true to myself in order to maintain my current health, happiness and well-being.

Helen Russell, SCOPE

Course Outcome

At the end of the course, participants will understand how their thoughts, feelings and emotions can impact responses to certain situations or people. This new knowledge and skills will give participants the confidence to use techniques that counteract negative thoughts, build resilience to overcome challenging situations and stay mentally healthy.

A very helpful and eye-opening course highlighting areas that people had not spent time thinking about. Excellent – really engaged, participants all 'captured' and open minded.

Louise Armer, SCOPE

Ways to Study

The Taking Care of Your Mental Health course is accessible as online (via Zoom) or in-house training for organisations which need to book for several personnel.

In-person or live online open courses are scheduled throughout the year for individuals or small groups to book.

I found this interesting and informative, lots of food for thought.

Tommy McAleer, SCOPE

Fees

£850 + VAT and travel where applicable for up to 20 participants.

Why use Momentum People?

Momentum People's training courses introduce diverse coaching and training styles using a holistic approach to ensure personal sustainability as well as practical knowledge and upskilling.

Specialist behaviour, communication and business strategy disciplines blend with pharmaceutical expertise to ensure courses are engaging, fun and hands-on.