



## Business Training Packages

Motherwell Cheshire has a team of mental health specialists with experience of training and teaching, our tutors are:

**Kate Blakemore - Motherwell CEO**

Diploma in Counselling, Diploma in specialist IVF counselling, BA(Hons) Business, Award in Education.

**Alison Hollingworth, Motherwell's Young People lead**

**Debbie Sharrad, Motherwell's Wellbeing Co-ordinator**

Degree in Teaching

**Wendy McCandless - Motherwell's Believe project support worker**

We offer informative, interactive training to empower managers and their teams to help support the mental health and wellbeing of their staff and themselves.





Our training sessions include:

## 5 Ways to Wellbeing

The 5 ways to wellbeing are:

- ★ Connect
- ★ Keep Learning
- ★ Be Active
- ★ Give
- ★ Take Notice

This learning focuses on:

- The 5 ways to wellbeing and how they can be implemented within the workplace and personal lives.
- Producing individual wellbeing plans
- Understand how each point supports positive mental health

At the end of this session you will:

- Have your own wellbeing action plan
- Understand your own trigger points
- Plan of what could be implemented in your workplace to support mental health





## Self Care Training

This training focuses on:

- How to look after staff teams
- How to offer ourselves self care
- Creating a work culture where everyone takes responsibility for their own positive mental health
- Recognising the signs of anxiety and depression

At the end of the session you will:

- Have the knowledge of how important self care is
- Leave with own self care plans
- Understand your own triggers for stress/ anxiety

## Mental Health Awareness Training for managers

This training focuses on:

- How to use basic listening skills to build rapport and trust
- The importance of promoting wellbeing and health
- Understanding signs and symptoms of key mental health conditions (anxiety, stress, depression)
- Who is available to signpost to

At the end of the training you will :

- Have increased listening skills to support your team
- Recognise signs of stress, anxiety and depression within your team
- Know how to respond appropriately to mental health issues presented by team members
- Understand local and national organisations that are available to offer support





## Price and Time Commitments

- Half day training £350
- Full day training £600

This includes all handouts, access to the resources online and follow up if required.

We are particularly interested in supporting all organisations to embed positive mental health and wellbeing in all aspects of the workplace.

### Awareness Sessions

We also offer a range of two hour awareness sessions, these are charged at £180 per 2 hours (plus possible travel costs).

The awareness sessions include:

- Supporting and understanding infant loss
- Supporting and understanding the menopause
- How to support mums returning to work after maternity
- Supporting and understanding grief

### Wellbeing workshops

Wellbeing workshops are available for employers to offer as part of an ongoing wellbeing programme. These can include:

- Managing sleep
- Relaxation and resting
- Managing anxiety

All of the above are 2 hours and charged at £180 per session (plus possible travel costs)

