


Wellbeing Champions | Training Courses.

Get people talking.

Training that kick starts the conversations, emphasises boundaries, and keeps people safe.

Upskill your Champions and Mental Health First Aiders and support them to navigate challenging scenarios with ILM Recognised training.





“It's a great course for Wellbeing Advocates to learn about how they can promote wellbeing and support others in the work place. In particular, knowing what your role as a Champion is and just as importantly, what it is not.”

Cari Wellbeing Champion.

“There was a lot more time here to discuss concepts such as signposting practically. This is fantastic as with other courses, I often sense that people walk away from the session passionate about the topic but still struggling to do some of the practical actions taught”



Cari

Cari Wellbeing Champion.

£190+VAT per person (£228 inc VAT).

This course is a prerequisite to Wellbeing 1st Responder

This can be a stand-alone course, or forms 1 module of Wellbeing 1st Responder. Roughly 8 hours of self-learning time, with two live workshops where people can get together and ask questions and share thoughts. There is an element of assessment as we want people to embed learning, as well as come together and have a fun time!



Overview.

Fostering happy and healthy cultures and encouraging people to remove the stigma around wellbeing at work: a cheerleader for connection, engagement and inclusion.

In Cari Wellbeing Champion students learn about how to encourage conversations about wellbeing and mental health in the workplace. They will explore how to break down stigma, and engage people in fostering a positive culture – an environment where everyone feels able, and supported, to access wellbeing initiatives and support. We look at the the roles and boundaries of Cari Wellbeing Champions, and Wellbeing 1st Responders.

The Cari Wellbeing Champion will learn the importance of monitoring our own wellbeing, as well as encouraging people to engage in the resources and initiatives that are appropriate for each individual.

Using simple, evidence based processes to ensure proper signposting to the right wellbeing support, students will be uplifted with the skills and presence to create healthier and happier workplaces.

Learning outcomes.

- Understand the role of the Wellbeing Champion and Wellbeing First Responder, and how these are vital in developing healthy and connected workplaces and organisations.
- Understand the importance of scope of practice and setting boundaries, and how to have safe conversations about wellbeing
- Understand what can affect wellbeing in the workplace, and how to build a supportive and non-stigmatising culture for everyone.
- Reflect on and understand how to apply their learning to their role by promoting access to resources and role modelling open and engaged attitudes to wellbeing.

Price: £190 + vat per person

Duration: Online learning and two x 2.5 hour virtual interactive workshops (approx. 13h total)

Audience: Open to all



Wellbeing 1st Responder.

I liked the tutor's overview of the 4Ds and then the opportunity to discuss in breakout groups possible approaches to how we might engage people at different D stages in conversation. Great sharing of ideas and experience.

The “guardian questions” was a great exercise and provided a practical way to discuss suicide that doesn’t really appear in other courses (which instead focus on “talking about suicide doesn’t prompt suicide”).

Wellbeing 1st Responder.



£150+VAT per person (£180 inc. VAT)

Completion of Cari Wellbeing Champion is a pre-requisite

This builds on the learning from Cari Wellbeing Champion to give people the skills they need to provide an immediate light touch response, ensuring team members feel valued and worthy of support within a strong ethical framework.

Optional ILM Recognition is available.



Overview.

Wellbeing 1st Responder provides a deeper dive into how to tackle wellbeing conversations where an employee may be at risk, struggling or in crisis. Through an exploration of wellbeing in the workplace, students will understand and apply psychological principles for a healthy, effective and structured approach to conversations about wellbeing.

Placing an emphasis on wellbeing mindfulness and scope of practice, Wellbeing First Responders work to ensure that team members feel valued, worthy of support and know where to find what they need. The Wellbeing First Responder uses an understanding of neuroscience based and structured coaching conversations to bridge the gap between team members and the mental health support they may need. Through this they are a significant feature of effective wellbeing support.

This module will provide the structures for effective study, implementation and reflection on how to provide proactive wellbeing support, whilst always being aware of appropriate scope of practice and boundaries.

Facing Difficulties Together: The Wellbeing 1st Responder is able to help their colleagues in difficult scenarios or crisis, knowing how to refer each to the appropriate support. Every student that graduates from the course has demonstrated creating coaching relationships to approach these difficult scenarios safely.

Learning outcomes.

- Understand how to contract with conversation partners, and apply this to working with practice wellbeing conversation colleagues.
- Understand how to manage difficult scenarios safely, within scope of practice and boundaries
- Contract effectively with conversation partners, set safe boundaries and practice wellbeing conversation skills.
- Develop effective reflection skills and apply this to their own practice of wellbeing conversations.

Price: £150+VAT per person (£180 inc VAT)
Optional £150+VAT (£180 inc VAT) ILM registration, assessment and certification

Duration: Online learning and 2 x 2.5 hour virtual interactive workshops (13h total)

Audience: Open to all