



Workplace training available for purchase from

 **Mind** Mid and North Powys Canolbath a Gogledd Powys



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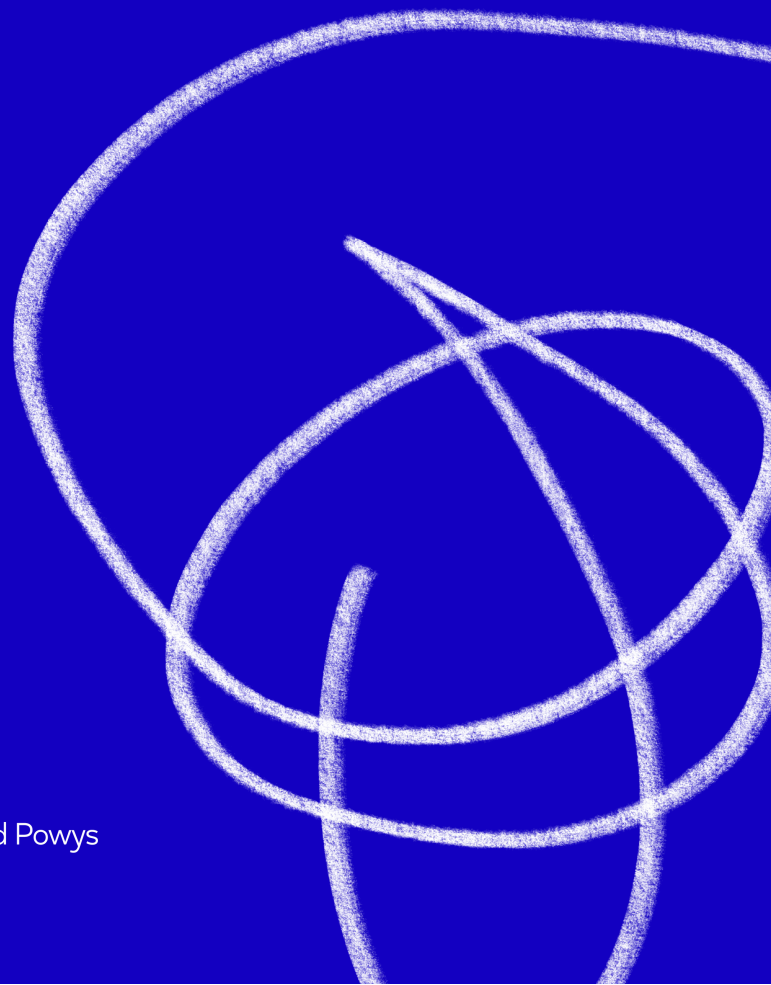
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About us and our training

Mid and North Powys Mind (MNP Mind) was founded in 1989 and has provided advice, support, activities and training to help people improve the mental health and wellbeing, since then.

In 2019 we expanded our field of operations from Mid Powys and incorporated the north of the county so we are now able to offer services from Llanwrtyd Wells to Llanfyllin and from Machynlleth to Presteigne.

We are experts in the field of mental health and emotional wellbeing.

All the training we deliver is informed by our experience of being a leading deliverer of mental health services and wellbeing training.

Each of our courses is delivered by a trainer who is experienced, knowledgeable and who understands your needs. Tutors use multiple different teaching techniques to cater to different learning styles and bring the content to life. We always take time to introduce the subject and put people at their ease, allowing time for questions and discussions, to aid in learning.

90% of attendees felt they had a greater understanding of their mental health after attending one of our courses

“The course was excellent and extremely well presented. I have not only gained more understanding of how I tick but it will help me in my volunteering”

Why choose us?

“My staff took part and were bubbling over with enthusiasm when the event was over and cannot wait until next week “

Our training can be delivered online or in person at a venue of your choosing. We have a Training Room available in Llandrindod and can also provide catering if required. Although some courses have a recommended length, most can be built around your needs.

We are also very happy to look at designing and delivering bespoke courses, or courses that deliver elements of more than one of the courses detailed in this brochure.

People like what we deliver. Feedback from the broad variety of organisations that we work with, consistently tells us that our training is high quality, valued and works.

“I cannot thank the staff at Mid and North Powys Mind enough, the help and support I have received has been invaluable and I have learnt skills to help and support me for life.”

Contact Us

For further information or for details on pricing and to discuss options further, please contact Betty:

Email: admin@mnpmind.org.uk

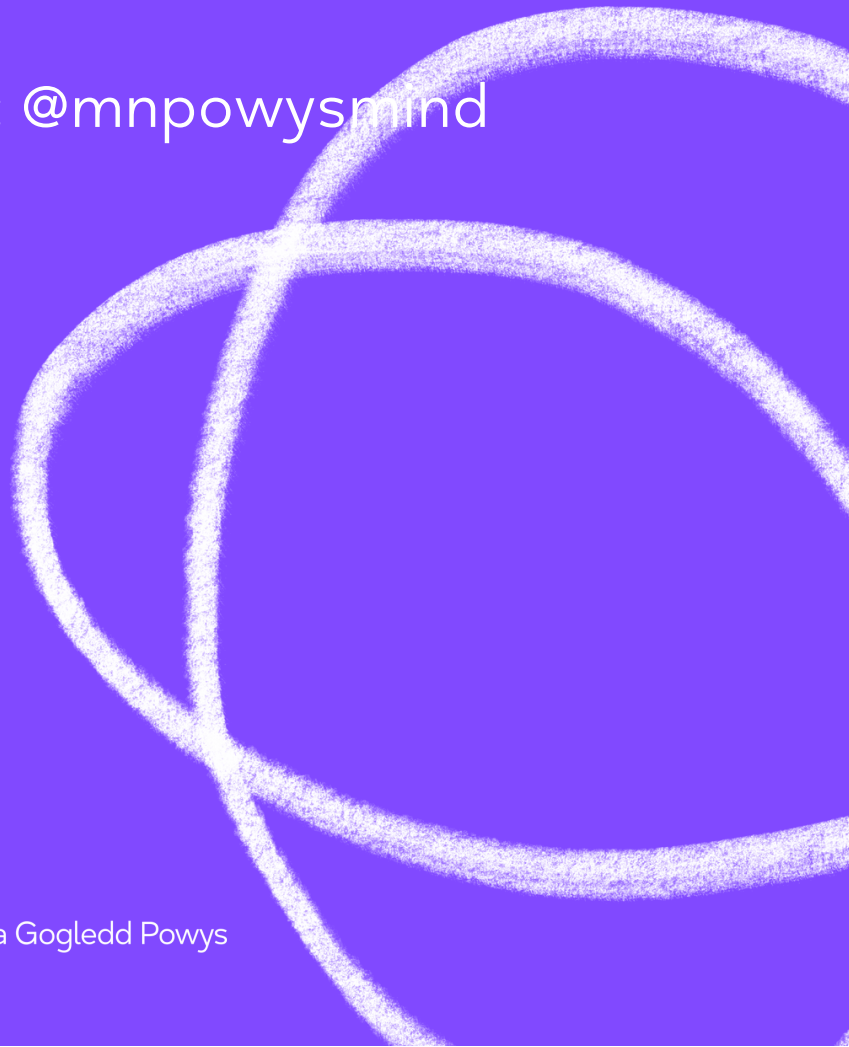
or

training@mnpmind.org.uk

Phone: 01597 824411 (general office)

Direct Line: 01597 258601

Social media: [@mnpowysmind](https://www.instagram.com/mnpowysmind)



Mental Health Awareness

Course Overview

This course is for anyone who would like a better understanding of mental health and how to understand and recognise the causes, symptoms and support options for a range of common and less-common mental health problems.

Course Content

We cover:

What is a mental health problem?

Statistics, stigma and issues that impact mental health.

The main models of understanding mental health problems.

Signs and symptoms of common mental health problems and how to recognise them.

The treatment & support options available to people.

This is the perfect course if you are looking to increase your organisations awareness of mental health and the support options available, speak to us if you would like this course tailored to suit your needs.

Mindfulness

Course Overview

Mindfulness offers easy to follow techniques to help find relaxation and some peace of mind whenever there are feelings of stress or worry.

When our attention is focused into the present we become aware of a stable space, where we feel calmer, can see more clearly and make more satisfying choices. The course will help bring your attention out of autopilot and into the present.

Learning Objectives

- To shift focus from mental activity to a calmer place
- To have more choice in how we feel
- To help regain a sense of our own connection
- To feel more resilient and empowered

This course is ideal to bring awareness of stress and peace of mind to your employees and to promote positive self help techniques.

Building Emotional Resilience for the workplace

Full or Half Day options available, Half day courses will focus on key areas your team needs from the list below, please note we will not be able to cover everything in a half day course.

Course Overview

This course focuses on enhancing emotional resilience and promoting mindfulness in a workplace setting. Participants will learn practical techniques to manage stress, navigate challenges, and foster a healthier work environment.

Course Content

Understanding Emotional Resilience
Self-Awareness and Mindfulness
Stress Management Techniques
Adapting to Change
Building Resilient Relationships
Maintaining Work-Life Balance
Navigating Challenges and Setbacks
Creating a Resilient Work Environment
Sustaining Resilience Over Time



Further information

This course will be conducted over 6-7 hours for a full day or 3-4 hours for a half-day delivery

Each module will consist of a mix of a facilitator presenting

Interactive discussions

Group activities

and practical exercises where applicable

Participants will have access to course materials and resources

Target Audience:

Professionals at all levels seeking to enhance their emotional resilience, manage workplace stress, and create a more mindful work environment

THRIVE for Professionals

Full course - 3 days (or elements can be taught over shorter timeframes)

THRIVE stands for:

Time

Safe ways to take a balanced look at our lives so far, the important factors that can affect us over time including turning points, telling your story, timelines and tools to help move forward.

Healing

Ways in which people survive and heal from difficult experiences and important factors that help and hinder this process.

Resilience

Looking at tools to help you build your resilience and manage difficult emotions.

Interdependence

There is often too much emphasis within some services placed on people acquiring independent living skills without exploring social skills and connections beyond day services.

Vivacity

Going beyond 'getting through the day' to really enjoying life.

Emancipation

What it might be like to be free from mental health services and the trauma of difficult life experiences?

This non-medical way of looking at recovery and thriving again, not just after mental health problems, but after any difficult period in life, is able to provide staff and volunteers with in-depth knowledge and confidence in supporting people. It provides a broad range of tools and approaches that can be used and is something we are very proud to be able to deliver. The course has been written and delivered nationally by Marion Aslan of Elemental Wellbeing, who trained us in 2015. Attendance certificates are provided. The 6 letters of THRIVE are covered separately over 3 days or can be taught over shorter timeframes.

People that have attended the course before have reported:

- Informative and refreshing look at mental health from a social, rather than medical standpoint. Seeing symptoms as ways to cope with difficult life events, rather than part of an illness.
- Full of practical tools, exercises and resources
- It can be hard to look at difficult past life experiences but there are safe ways to do this and it is important in order to see things more objectively and move on.
- Helps people to take ownership and control and also to plan for the future.

Assertiveness Skills

(Full or Half Day options available)

Course Overview

To help participants develop the confidence to use assertiveness techniques to get themselves heard through helpful communication.

Course Content

Participants to look at the way they communicate with others and whether they use passive, aggressive or assertive characteristics.

Participants to try out different assertive techniques to see if they are more effective.

Learning Objectives

To understand:

- What assertiveness is
- The difference between passive, aggressive and assertive characteristics
- What has happened in their lives that have led to them using these characteristics
- Different assertiveness techniques
- What positive and negative enquiry is
- When people pleasing is detrimental to our mental health
- What the barriers are to using assertiveness techniques
- That being selfish is sometimes healthy



5 ways to wellbeing

Course Overview

Discover five simple ways to improve and promote good mental health and wellbeing

Course Content

Participants will be guided through the ‘five ways to wellbeing’, which are small, actionable steps that anyone can take to improve their overall wellbeing. This course has a positive focus, and it will provide participants with the opportunity to recognise what they already do that benefits their wellbeing, and to discover new ideas to incorporate into their daily routine.

Learning Objectives

- Discover what are the ‘5 ways to wellbeing’
- Explore different ideas and suggestions of how to put them into practice
- Consider what small changes you might like to make in your own life
- Plan the first steps towards making these changes



Tai Chi

Course Overview

This course teaches beginners and those with more experience, tai chi. As well as providing a supportive place to practice.

Course Content

We have an on-going group ran by our tutor every other week and two very experienced volunteers in the week between - enabling the group to run every week. A small charge is made towards venue costs. Wear loose and comfortable clothing to attend. We also run 'taster' sessions.

Tai chi is great for relaxation, balance, stretching out the body and stress reduction. And can be a great activity for your team to take part in together.



Additional Training

In addition to all the training offered here, we also provide training on a variety of mental health issues to our clients. There are available for purchase for your organisation too, they include;

Anger Management
Coping with Frustration
Building self-worth
Stress and Anxiety Management
Keeping Mentally fit
Hypnosis for recharging and healing
Coping/ Supporting Pre-Menopause
Better Sleep
Building sleep patterns for children
Be a happier you
Emotional Resilience
Introduction to CBT
Confidence Building
Positive Thinking
Coping With Exam Stress
Relaxation sessions include -
Guided hypnotherapy, Visualisation, Meditation and
other relaxation techniques



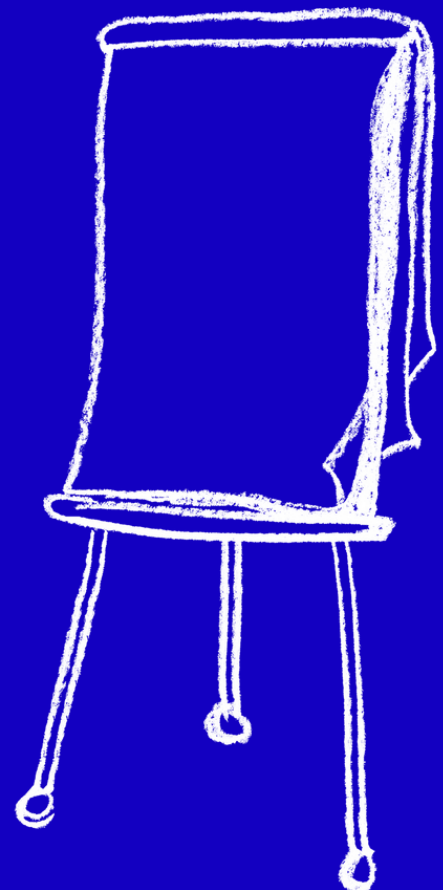
For more information on what each of these courses involve you can check our our website or contact us directly.



mind
Mid and North Powys
Canolbath a
Gogledd Powys

We are based in
Llandrindod wells
and can offer
training in our own
building, online or
in your place of
work

For costs please
contact us



Meet our Trainers

Tracy Lewis

I have been working for Mid and North Powys Mind for four years delivering Mums Matter courses. These courses give tools to participants to help combat stress and anxiety of becoming a new mum.

I teach breathing techniques, meditations and go through many tools to help combat negative thinking patterns, build self-worth and confidence and deal with unrealistic expectations, as well as looking after your well-being in a positive way.

I believe in participant involvement, talking is hugely beneficial and we learn so much from each other, we can help each other by sharing coping mechanisms and life experiences this also helps us connect with each other, giving us a sense of belonging and fitting in, which helps combat isolation and loneliness.

I am a breast feeding councillor, farmer, Mother and community councillor which keeps me grounded, patient and humorous. My biggest skill is listening; I love listening to life stories and working with people to get the best out of all situations.



Janet Henderson

My name is Janet Henderson and I have worked with Mid & North Powys Mind for over 2 years as a mental health support worker.

I completed a BSC Hons in Psychology in Queens University Belfast and then went on to manage community groups for the next ten years. I moved into teaching and training of basic and key skills for various adult and youth groups, mainly working for Colleges, before changing career into working with looked after children and managing children's homes. In between this I have completed a multitude of training and started two businesses. I am used to working with diverse groups of people and enjoy a challenge!



Mary Griffiths

I'm the Development Manager and co-CEO at Mid and North Powys Mind. I have been in my current post for 9 years but have worked in mental health services for 18 years. I have a degree in Psychology and various other qualifications, but my most valuable learning has come from working with people struggling with poor mental health. I have worked with people on a one to one basis, facilitating peer support groups and delivering training to staff, volunteers and people struggling with poor mental health, for much of this time. I was previously Training & Development Coordinator for the local Welsh Assembly Agricultural Department and have spoken at national conferences on the subject of mental health.



Betty Morrall-Lane

As the Training Team Lead for Mid and North Powys Mind, I've been heavily involved and delivering and developing a number of our training courses and updating some of the previous courses. My BA degree and marketing agency experience means I'm able to research and fully understand the topic that I'm delivering. Working with different teams developing and delivering internal and external training throughout my career has given me the confidence to facilitate training to anyone on any topic and that's something that I really love to do. My CPD within Mind has given me a thorough understanding of mental health and well-being, it's a privilege to be able to help individuals and companies look after mental health and well-being in a very positive way. Having struggled with my own mental health, I can fully understand how training courses such as these can make an impactful difference in such a short space of time, and how valuable they are to the individuals that attend them.

Lorna Jones



My name is Lorna Jones. I started working for Mid and North Powys Mind in March 2018, previously to this I delivered in house training with H.S.B.C. Bank. I am the 16 to 25 Youth Worker and parallel to this was responsible for delivering the Side-by-Side Cymru Project. I have a level 3 Award in Education and Training and have written and delivered training for other organisations.

Alongside this I delivered the Side-by-Side Cymru training of mental health awareness, what is Peer Support, self-care and effective listening to over 100 peer leaders representing groups from around Powys.

John-Paul Higgerson

My name is John-Paul Higgerson and I am a qualified, registered clinical hypnotherapist, NLP practitioner, REBT, CBT-trained, meditation instructor and am training to become a Wim Hoff Master Instructor. I use a mix of my training learnings and life experiences to teach easily accessible, practical and effective skills for those who are suffering and/or interested in personal change and growth. I specialise in childhood trauma and CPTSD.

I run courses for Mid and North Powys Mind in Relaxation, Self Hypnosis, Pain Management, Introduction to Quantum Consciousness and a six-session 'Change Your Thinking For A Happier You' course. I also support staff by providing relaxation sessions. I have previously worked for Victim Support Wales and Bristol, The Priory Group rehabilitation centres in Nottingham and Roehampton and Turning Point in Yeovil.



Lizzie Cockle



My name is Lizzie Cockle. I have a BSc in Psychology, an MSc in Health Psychology, and am currently training to be a therapeutic counsellor. I joined Mid and North Powys Mind in May 2019 where I work one-to-one with clients, as well as running groups and delivering training courses.

I have previously worked for other local Minds within the West Midlands, and have extensive experience in public health promotion; educating and supporting people to make lifestyle and behaviour changes to improve their health and wellbeing.

Claire Johnson-Wood



Hi, my name is Claire Johnson-Wood. I am a Youth Worker with Mid and North Powys Mind and have had the pleasure of working with the team since August 2021. I graduated from University with a Bachelor of Arts in Education degree with Qualified Teaching Status. I taught in mainstream education for three years and then went to work for Powys Youth Service as a Duke of Edinburgh Development Officer. During this time, I developed and delivered training courses to teachers, volunteers, and emergency service workers to name a few. I enjoy meeting new people and talking with others about their thoughts, ideas and opinions so training is right up my street!

Mike Buckley

My name is Mike Buckley and I have been practising mindfulness through tai chi and meditation for over 30 years. I run sessions in person and via Zoom from one hour sessions to all day events and they are suitable both for staff and client wellbeing.

I have been delivering a mindfulness service for local GP surgeries for the past 4 years to alleviate symptoms of anxiety, depression, low self worth with NHS patients.



98% of people attending courses at Mid
& North Powys Mind said they had a
positive experience



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