

# Train the Trainer

## Mental Health at Work

5  
Days

A five-day course spread over one month to increase understanding of mental health and develop confidence in delivering mental health training. This programme enables successful participants to deliver the 1-day Mental Health at Work: Managers course and is supported by West Midlands Academic Health Science Network (WMAHSN).

### Who should take this course?

- Colleagues with relevant experience in employee mental health e.g. HR manager/Well-being Advisor
- Or colleagues experienced in facilitating learning and delivering training
- Colleagues with the capacity and ability to deliver this training throughout teams within their organisation.

### Why should your organisation take the Train the Trainer course?

- To **increase knowledge** and **build confidence** around mental health
- To **cascade essential information** throughout your organisation in a cost-effective manner
- To **create a positive culture** of openness which challenges mental health stigma

### This course enables participants to:

- Gain a greater understanding of mental health and how to challenge stigma
- Relate to people's personal experiences
- Better manage presenting related nerves using evidence-based approaches
- Feel confident in creating and managing a safe and inclusive learning environment
- Deliver the 1-day Mental Health at Work: Managers training course

### What to expect:

- The Train the Trainer programme can be completed either through attendance of a public course or onsite at your premises to a minimum of 6 and a maximum of 10 delegates
- Learning takes place through a mixture of presentations, group discussions and workshop activities

### Everyone who completes the course will receive:

- Train the Trainer: Mental Health at Work Managers Training Booklet
- A Certificate of Attendance
- Training materials including session plans, presentation slides and videos
- Mental Health Awareness E-learning refresher training, 6 months following completion of the programme
- Access to an online community to share ideas and best practice with other trainers and industry experts



Supported by  
**west midlands**  
ACADEMIC HEALTH SCIENCE NETWORK

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**0121 271 0550** or email [info@altruistuk.com](mailto:info@altruistuk.com)

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**Duration: 5 days** (6.5 hours per day)

## Course Content

**Days 1 & 2** - 1 day course and personal experience presentations:

- Introduction to the Train the Trainer course
- Personality Profiling
- Experience the 1-day Mental Health at Work: Managers course first hand
- Personal experience presentations with Q & A
- Starting the conversation

**Days 3 & 4** - Presentation and facilitation techniques and applying skills:

- Trainer's Self-Assessment Checklist
- Understand mental health and some of the common mental health issues
- Explore evidence-based approaches to help manage nerves
- Understand how to create and maintain a safe and inclusive environment
- Deliver a 20-minute presentation on a mental health topic
- Prepare for Assessment Task

## Homework:

- Prepare a 45-minute training session for Assessment Task

**Day 5** - Assessment Task

- Deliver your 45-minute training session
- Experience peer trainers delivering their training sessions
- Receive verbal and written feedback from your peer trainers
- Receive verbal and written feedback from the Altruist Enterprises trainers

## Course Feedback

"All that attended the training found it to be engaging, interactive and extremely beneficial. Time with the Altruist trainers was invaluable as they were both happy to explore topics in detail and provide helpful insights. The useful content, workbooks and exercises provided essential information and enabled delegates to reflect on their learning. I have no doubt that those who attended will now be well equipped to deliver the Mental Health at Work course to our managers effectively." **Elizabeth Edwards, HR Business Partner, Paragon Banking Group PLC**



## Contact:

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