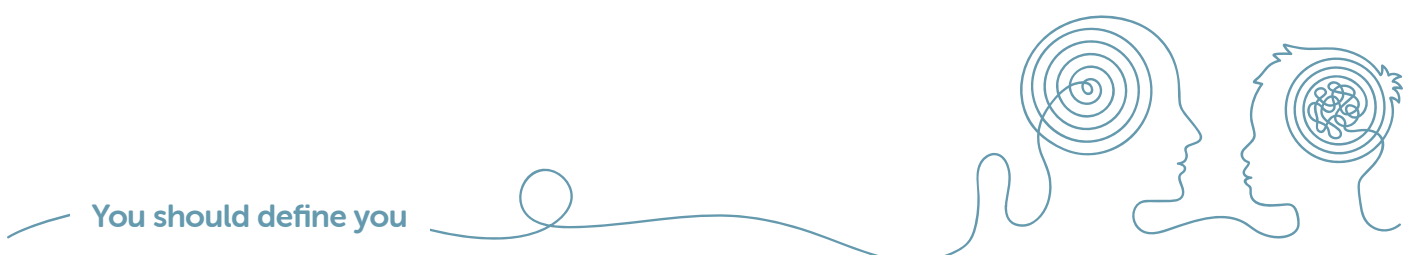


## Our workplace learning and development courses

Our courses are designed to enable people in the workplace to spot the early signs of a mental health episode, or help someone potentially struggling to manage their own mental wellbeing, even if it's as simple as an ear to listen or acknowledging they've not seemed quite themselves lately.

**Please contact us for course availability and our current fee schedule.**

Course title	Course overview	Aimed at	Duration	Delivery
<b>Mental Health Awareness for Line Managers</b>	Gain an understanding of common mental health issues, and how to spot signs, along with learning skills on how to appropriately support and manage someone with mental health issues.	People in the workplace who have line management responsibilities & HR specialists.	Full day	Face-to-face
<b>Wellbeing First Aid</b>	Develop a supportive response to someone who is struggling with their emotional wellbeing and build confidence to be able to offer support and signposting options. The workshop identifies the clarity of your position as a first aider within strict boundaries and builds the support options for you so that you are never dealing with a situation beyond your training.	Application is available to anyone wishing to act in a supportive role (subject to completion of a self-reflection questionnaire).	Full day	Face-to-face
<b>Personal and Interpersonal Mental Health</b>	Provides an effective approach to help understand what happens physically when faced with challenges and how to support and build resilience for yourself and your colleagues.	People in the workplace	Half-day	Face-to-face
<b>Building Resilience</b>	Will help to understand the factors that influence resilience, the importance of developing a healthier lifestyle and building on/strengthening strategies to help with resilience.	People in the workplace and other settings	Two hours	Face-to-face
<b>Building a Wellbeing Strategy</b>	Provides a powerful approach to keeping yourself and colleagues healthy by making sense of mental health in the workplace and exploring topics such as indicators and management.	People in the workplace who have management responsibilities and business owners	Two hours	Face-to-face
<b>The Stress Bucket</b>	Provides knowledge to identify and manage stress levels on a personal and interpersonal level, including common triggers of stress, physical changes due to stress and how to implement a balanced approach to looking after mental wellbeing.	People in the workplace and other settings	One hour	Face-to-face & webinar



<b>Coping with Change</b>	Learn about the emotional responses to change, and the challenges major life events and change present. Provides an understanding of how to spot signs of distress, along with coping tools to support wellbeing and manage changes.	People in the workplace and other settings	One hour	Face-to-face & webinar
<b>Supportive Listening</b>	To gain an understanding of active listening and techniques used to aid this. Learn how to 'listen' to non-verbal communication, understanding the impact of body language, tone of voice and environment, and practice supportive listening.	People in the workplace and other settings	One hour	Face-to-face & webinar
<b>Adopting a Flexible Mindset</b>	Provides an informative exploration of the challenges created by living with uncertainty, and how to manage our response and wellbeing in these times.	People in the workplace and other settings	One Hour	Face-to-face & webinar
<b>The Three Brains</b>	Helps to understand the development of the human brain, how we respond to stressful situations and how to address the stress response.	People in the workplace and other settings	One Hour	Face-to-face & webinar
<b>The 4 steps of support</b>	A 4 step model to provide a structured approach to supporting anyone who may be facing mental wellbeing challenges.	People in the workplace and other settings	One Hour	Face-to-face & webinar
<b>The Circle of Control</b>	To give an introduction to a model that was developed in line with principles from Cognitive Behavioural Therapy (CBT). This model will help you to have more power over the things you feel are out of control.	Anyone who is interested in managing their mental wellbeing, and wanting to learn how to respond effectively to challenges and change.	One Hour	Face-to-face & webinar
<b>Staying the Distance</b>	Provides an understanding of emotional reactions in times of disruption and how this impacts our thoughts and behaviours, along with looking at how to manage them and build resilience.	People in the workplace and other settings.	One Hour	Face-to-face & webinar

## Who are we?

Isle Listen is a charitable initiative of MCH Psychological Services, an Isle of Man registered charity which has for over 35 years, provided vital emotional and mental health support to people living with cancer or other life-changing conditions.

## We have a simple aim

We want everybody on the Isle of Man to feel emotionally empowered and effectively supported with their mental health.

## We're here. Isle Listen.

Isle Listen is a trading name of MCH Psychological Services, a registered charity in the Isle of Man Number 1024 and registered member of the BACP.

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