



**MENTAL HEALTH &
WELLBEING**

**TRAINING
COURSES**



www.pmac.uk

About PMAC

We are a leading provider of **workplace mental health and wellbeing training**. We believe that employees in all industries are entitled to training that will give them the tools they need to manage their own health and wellbeing, and allow them to be **the best, most productive version of themselves**.

We incorporate **years of experience, extensive psychological know-how and mental health knowledge**, with engaging activities during our training sessions, to ensure all staff get the most out of their time with us.

We work to create a warm, supportive atmosphere to encourage open discussions in order to learn from one another and **facilitate growth and understanding**.

Attendees begin sessions collaborating on ground rules for the day, so that all attendees know what they can expect from one another during their time with us.

Our Mission is simple: ***We empower employees with the knowledge and tools to understand themselves, each other & the world around them, to nurture growth, resilience and inclusivity in the workplace.***

Services

- ★ **Bespoke Corporate Training**
- ★ **Consulting**
- ★ **Mental Health Talks**
- ★ **Policy Development**

- ★ **Webinars**
- ★ **Content Creation**
- ★ **E-Learning**
- ★ **Article Writing**





Our Training Courses

Our courses are designed to **facilitate understanding and give you the tools to apply what you have learned to your workplace.**

We provide bespoke training to each and every client, to ensure sessions are as relevant as possible to your organisation. We aim to teach you **both practical skills and the theory behind them.** We incorporate tasks that give you the opportunity to practice implementing your new skills in a **supportive and nurturing environment.**

Our goal is for attendees to leave feeling **empowered, determined and capable.**

We endeavour to ensure that the knowledge and skills that you take away with you will **not only be applicable to the workplace, but will be transferrable.**



Most Popular Sessions

Mental Health Awareness

- ★ Develop your **awareness and understanding** of a number of common mental health issues, and help you to identify common signs and symptoms.
- ★ Help you understand the impact of workplace stress and the impact that this can have on mental health.
- ★ Help you develop **active listening skills**
- ★ Recovery Models and promoting a culture of acceptance and honesty.
- ★ Gain an insight into **support options** available and where to find them.

Stress Management

- ★ Identify common **causes of stress** within the workplace.
- ★ Being able to recognise indicators that someone might be struggling with stress and learning the signs and symptoms.
- ★ Learn ways of **coping with and managing stress**.
- ★ Learn how environmental and cultural changes within the workplace can reduce and prevent workplace stress.
- ★ Teach you how to **build an action plan** that you can tailor and develop to your unique stressors within your workplace.

Burnout Prevention

- ★ Understanding what **burnout actually is**,
- ★ Identifying and understanding the impact of burnout
- ★ The **“Window of Tolerance”**
- ★ Recognising the signs and symptoms of burnout
- ★ Tools to **prevent burnout**

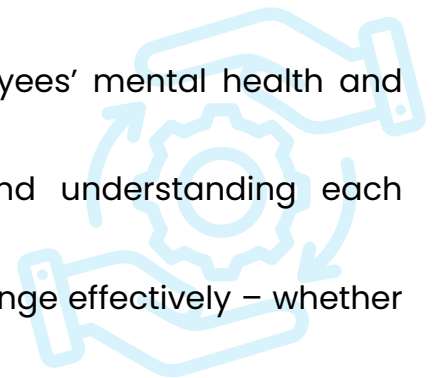
Resilience Building

- ★ **What is resilience** and why it is important
- ★ How to become more resilient
- ★ How to **adapt**, and adapt again to everchanging circumstances
- ★ Re-claiming your power. How to feel empowered during tough times
- ★ **Practicing mindfulness** – being “present”
- ★ Tips for managing your emotions
- ★ Taking care of your **inner child**



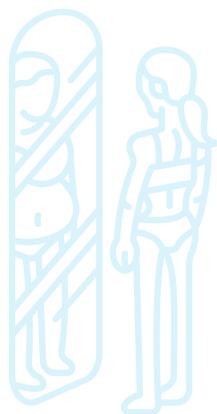
Change Management

- ★ A detailed look at **what change is** and the impact it has on the business
- ★ The different types of change and the impact they have
- ★ Looking at the **impact that change can have** on employees' mental health and wellbeing
- ★ Knowledge is power: Explaining the **change curve** and understanding each milestone throughout change
- ★ Teaching actionable skills and techniques to manage change effectively – whether at leadership, manager or employee level.
- ★ **Skills practice** to help delegates understand the techniques available – and how and why they work.



Eating Disorder Awareness

- ★ Develop your **awareness and understanding** of a number of eating disorders
- ★ Help identify symptoms of eating disorders in others.
- ★ Help you understand the **impact of eating disorders** on the individual and the workplace, and steps to help manage staff.
- ★ Help you develop **active listening skills**
- ★ Gain an insight into support options available





Neurodivergence Awareness

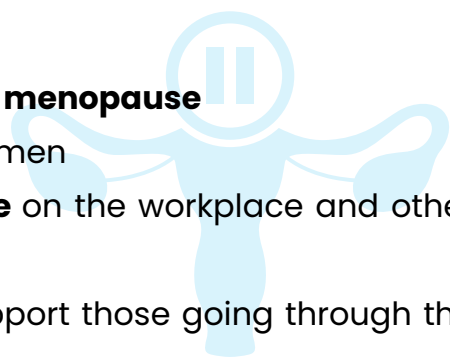
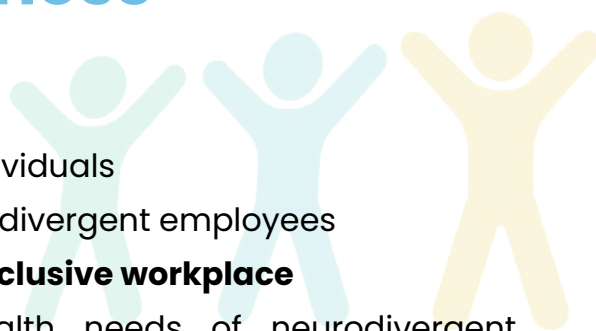
- ★ Recognising and **understanding neurodiversity**
- ★ Exploring the different neurodivergent conditions
- ★ Understanding the **impact of neurodiversity** on individuals
- ★ Developing an understanding of the needs of neurodivergent employees
- ★ Developing strategies to create a supportive and **inclusive workplace**
- ★ Understanding and managing the mental health needs of neurodivergent employees
- ★ **Developing strategies** to support neurodivergent employees

Menopause Awareness

- ★ Develop your teams awareness and **understanding of menopause**
- ★ Exploring the impact that menopause can have on women
- ★ Understanding the **impact that menopause can have** on the workplace and other colleagues
- ★ Learn **tangible techniques and strategies** to help support those going through the menopause
- ★ Gain an insight into **support options available** and where to find them.

Conflict Management

- ★ Identifying **factors** that lead to conflict.
- ★ Identifying environmental triggers for conflict.
- ★ Opening the **lines of communication** between staff at all levels.
- ★ Developing active listening skills to facilitate understanding as opposed to reacting
- ★ How to **move forward** together after conflict.



ADDED EXTRAS

- ★ Suicide Awareness
- ★ Movement for Mental Health
- ★ Supporting Staff with their Mental Health
- ★ Improving Low Mood
- ★ Managing Workplace Anxiety/General Anxiety
- ★ Fun Ways to Improve Mental Health
- ★ Men's Mental Health
- ★ Financial Wellbeing

- ★ Improving Communication Skills/Open Communication
- ★ Introduction to Mindfulness (Skills Practice)
- ★ Improving Sleep
- ★ Endurance During Busy Periods
- ★ Mental Health Speaking

Plus loads more...



Our Process



DISCOVERY CALL

Our team will have an initial call with you to discuss your requirements in more detail. This will usually take 15-30 minutes via Teams/telephone.



PROPOSAL

We will then put together a detailed, personalised proposal outlining the training options that we think will work well for your organisation (including costs!).



CONTENT AGREED & DATE ORGANISED

We will then organise a date for your training session to take place. The bespoke content will then be produced and agreed with you before delivery of the session.





**METROPOLITAN
POLICE**

METROPOLITAN POLICE



The sessions were immensely informative and they touched base before and after each session to ensure the smooth running of the training.

They went beyond what was expected and provided my colleagues with additional resources and guidance. I have made strong recommendations to my fellow colleagues to utilise PMAC's exceptional work ethic and passion



precis.

PRECIS



It was a great pleasure working with PMAC. Communication was smooth, fast and clear from start to finish. The content was tailored to our organisational needs through a pre-survey, which was appreciated by colleagues. The session itself was highly informative and engaging.



PUZZLE

PUZZLE



We have worked with PMAC for several bespoke training sessions, as well as regularly attending their webinars, and couldn't recommend them highly enough! Everything from their understanding of topic areas to how they approach and deliver sessions is collaborative and high quality.





“People don’t
fit neatly into
boxes &
neither do
we!”

Get In
Touch



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