



# Corporate Coach Group

Training that transforms



## Training Plan Mental Health Awareness Training

## A Training Plan for Your Organisation

### What is the purpose of the training?

The purpose of the training is to initiate a process of rapid improvement, by means of achieving a shared understanding of the correct knowledge and skills that we need to employ, if we are to achieve our stated goals.

### Mental Health Awareness Course Summary

Mental health is a key topic right now. Because of recent events, many people are feeling more anxious than usual. As a result, many organisations are investing in training to make people more aware of mental health issues and to ensure an ethos that promotes good mental health.

This in-house Mental Health Awareness training is for anyone who wants a better understanding of mental health issues and how to foster a caring and productive, work-place environment.

### Learning Outcomes for the Mental Health Awareness Course

- Remove the stigma surrounding mental health in the workplace
- Improve productivity by fostering good mental health
- Reduce the loss of performance caused by poor mental health
- Gain awareness of how the workplace culture affects mental health
- Spot the warning signs of potential mental health problems
- Avoid cultural practices that constitute mental health risk factors
- Create a culture that promotes good health

### Customer Review

“ Course content was good. There are several elements I will take away and add to my personal action plan. I particularly like the idea of the task matrix to prioritise on a 'look ahead' weekly basis. The trainer was very professional and helpful and able to engage all attendees who come from varying backgrounds.

*Jim Ewart*  
NATS

## Mental Health Awareness Training Course Overview

We start the course with a definition of what is 'good mental health'.

We explore the factors that combine to create good mental health, and those which conspire to prevent it. The factors that combine to create (or prevent) good mental health are: thought habits, health habits, environmental factors, social pressures.

We start with the individual and what we can do to help ourselves. We discuss how mental health is fundamentally a function of how we evaluate ourselves, in relation to events. Some people evaluate themselves and events in debilitating ways. Other people evaluate themselves and events in progressive ways. We will explore both attitudes.

Then we move to the physical components of mental health. Some people have habits that destroy their brain chemistry, and others have habits that support it. We will investigate both positive and negative sets.

Then we move to the working environment. Some people are exposed to work cultures that assault the senses, whilst others work in cultures that enrich them. We will explore these different environments and the affect they have on mental health.

Then we turn to the social environment. Some people are surrounded with people who mentally abuse them. Other people surround themselves with people who are nurturing and supportive. We will look at both sets.

At the end of the training, we combine these factors together to build a personal action plan to promote good mental health.

### Customer Review

“ The training course content was very good. The manual was very helpful and will ensure that I will remember the important points and use them. The trainer was clear and concise. He gave plenty of explanation and has answered all questions.

*Samir Hasanagic  
The London Borough of Hackney*

## Mental Health Awareness Training Course Details

### Morning Session

#### What is meant by the term mental health?

What is your understanding of the term, mental health?

The World Health Organisation (WHO) defines mental health as:

*A state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to their community.*

Our working definition is: Mental health is the state of being, whereby people feel the optimum emotional responses, that are appropriate to the circumstances that face them.

That means that people:

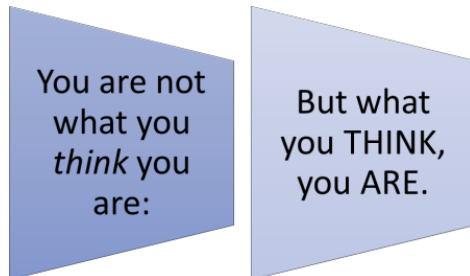
- Are happy when it is appropriate to be happy.
- Are sad when it is appropriate to be sad.

They are confident when it is appropriate to be confident.

- They are not over-confident
- They are not too easy to anger
- They are not blindly optimistic
- They are not cynical, pessimistic and depressed
- They are fully functioning, well adapted, adaptable and happy
- They are evolving beings, perfectly poised to live life to the fullest, even though the future must remain forever uncertain

#### Mental health impacts your bottom-line results

Mental health impacts on results because mental health is about building optimum responses. Poor or inappropriate mental habits creates inappropriate, or destructive emotional responses, which negatively impacts on results.



### Signs that indicate a person is in the mental health danger zone

Here are a set of fifteen warning signs that a person may be in the danger zone:

1. Habitual feelings or expressions of anxiousness without clear single cause.
2. Habitual feelings or expressions of anger and or aggressiveness.
3. Habitual feelings of guilt or shame.
4. Chronic lack of optimism, self-confidence and happiness.
5. Inability to take valid criticism of personal performance.
6. Inability to handle setbacks and defeats. Lack of resilience.
7. Inability or refusal to accept the need to change.
8. Incessantly stressing over things over which they have no power to change.
9. Low levels of self-esteem and self-worth.
10. Irrationality. Inability to rationally interpret events: weird conspiracy theories, victim mentality.
11. Poor health habits. Misuse of food.
12. Over-use of alcohol: Dependence on alcohol.
13. Over-use of medication. Drug dependence.
14. Inability to relax and sleep.
15. Depression. Feeling that life's problems are too much to bear.

### Everything starts with a thought

Everything in the human world starts with a thought.

The question we need to answer is: Who controls your thoughts?

Simple answer: You control your thoughts, or at least you should.

Rule to remember:

"You do what you do and you feel what you feel, primarily because of the thoughts that you allow to dominate your mind."

A positive mental state relies on your ability to control and direct your mind and your conversation:

1. Consistently.
2. For extended periods.
3. Irrespective of what others are doing.
4. Irrespective of what others are saying to you.

Methods to control the focus of your mind and conversation.

### Self-image psychology

The self-image: The self-image is the sum of all your thoughts, feelings and beliefs about who you are, what you think your abilities are, what you think are your limitations, and how you fit in to your social setting.

Abilities. Limitations. What you could do. What you could not. Where you fit in. Where you don't.

Here is a big question: Who are you? and How do you know?

### The self-image: The golden key to good mental health

- Some people have a strong self-image
- Some people have a weak self-image
- Most people have a functioning self-image (which has the occasional wobble)

If you want better mental health, then understand the importance of the self-image.

- You become what you think you are
- You feel what you think about

### How people reveal their self-image by the way they speak

You can tell something about a person's self-image, by finding out how they would complete the following half-sentence. "I am a ..... person."



## Afternoon Session

### The mind-body connection

It is important to remember that you are made up of two elements, mind and body.

- Your body is the material, solid part of you.
- Your mind is the immaterial, mental (and spiritual?) part of you.



### A healthy mind and a healthy body

A healthy body leads naturally to a healthy mind. If you're not as happy as you would like to be, then look at your health habits.

If you are not happy, then check your levels of vitality. I suspect that a lack of vitality and low levels of health may be one of the causes.

### Mental health awareness - environmental factors

Our emotions are affected four major categories of causes:

1. Our own mental state. What we think about and how we think about it.
2. The actions of others. What other people do to us.
3. The physical state of our body. Our level of health and energy.
4. The physical environment. Our surroundings.

We are all affected by the external environment:

1. Some environments are conducive to good mental health and productive efforts.
2. Other environments are NOT conducive to good mental health and productive efforts.
3. And some environments are destructive to good results and may even promote poor results.

What is required to have a good mental health and productive effort?

In order to be productive your body needs certain things:

1. Air (Oxygen).
2. Water.
3. Light (preferably natural light).
4. Sound - not too loud.
5. And the opportunity for silence.
6. Temperature - comfortable.
7. Pressure - realistic workload.

How would you rate your working environment?

For each of the following, please rate your working environment out of 10.

1. Good ventilation - Score higher for good ventilation.
2. Access to drinking water - Score higher for good access to water.
3. Good lighting, preferably natural light - Score higher for good lighting.
4. Sound, volume (loud or quiet) - Score higher for quieter.
5. Temperature (comfortable or not) - Score higher for comfortable.

What is the score out of 50? Double it to give a score out of 100.

What is the major weakness?

What could you do to improve on the current situation?



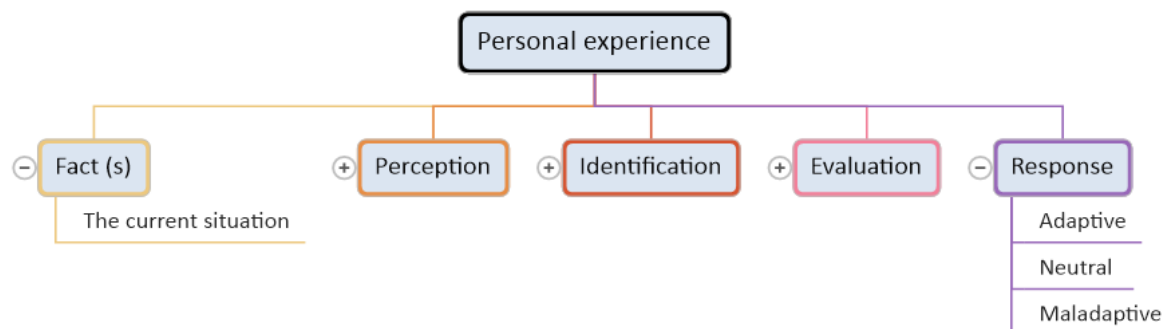


## Self-healing

You are not what you think you are!

But what you think, YOU ARE.

Your personal experience is not one thing, it is composed of five subsets, see below.



Your personal experience of a situation is made up of five elements:

1. The objective facts of the situation.
2. What you were able to perceive of that situation: what you saw, heard, touched, tasted, or smelled.
3. Whether or not you identified the facts correctly. Or did you misidentify the facts?
4. How you evaluated the situation. Did you evaluate the facts logically?
5. How you respond to the situation. Did you respond in an adaptive, non-adaptive or maladaptive way?

The fact is not inherently good or bad.

- An event is not inherently good or bad. It depends on what you think of it and how you respond
- Winning the lottery is not inherently good or bad. It depends on how you think of it and how you respond

Shakespeare wrote:

*".... there is nothing either good or bad, but thinking makes it so..... Nothing is really good or bad in itself—it's all what a person thinks about it."* -- Hamlet act 2 scene 2.

## Summary and personal action planning

### Customer Review

- “ Very interesting when you know! I need to try and use these concepts now. The wrong box/right box presentation, hand gestures, etc were perfect. The Trainer was very informative with excellent communication, so was easy to digest information.

Adrian Wyborn  
ING Commercial Bank

## Training Costs / Investment

### Bespoke In-House or Live-Online Course

£2,250 + VAT per training day, (8 – 16 delegates)

Plus, travel and hotel accommodation for trainer if needed (Premier Inn type)

*International Price Varies*

In-House training has been designed to provide a similar experience to our open courses, however we can tailor the content to fit your specific needs.

We are able to train in your timezone.

### All our training includes:

- A full day of quality training, delivered by an experienced trainer
- Total of 6 CPD training hours (usually 9am - 4.30pm), plus an additional 2-3 via post-course online independent learning
- Full course training workbooks
- Training certificate
- Access to additional free training material after the course via our post-course portal
- 3 months free telephone coaching: Whilst you are implementing what you have learned, if you need to, you can contact us for support and guidance

### We suggest the following plan of action:

Please send to us:

1. Any amendments or changes you wish to make to the programme.
2. Your thoughts.
3. The next step you would like us to take.

Thank you.

Corporate Coach Training Ltd  
Waltcot House  
Parton Road  
Churchdown  
Gloucestershire  
GL3 2JJ

Email: [lindsey@corporatecoachgroup.com](mailto:lindsey@corporatecoachgroup.com)

Tel: +44 (0) 1452 856091



## Customer Reviews

- “ The training course content was really superb and engaging; I will use a lot of these concepts in my daily work. The best course I have been on in a very long time. Trainer's presentation: Positive, lively and engaged the whole group. Felt energised throughout the day.

*Helen Eaton  
ASDA*

- “ An enjoyable two-day course. If used by all those who took part, I believe it can be very beneficial to the business as it moves forward in its development, in addition to the development of the staff themselves. The trainer's presentation was very clear. Trainer was able to confidently respond to all questions put forward.

*Tracy Catlin  
European Urban Architecture*

- “ Course content gave many examples, leading into class-based exercises. It was relaxed, functional, with useful tips and exercises. Trainer's presentation was fast paced, simple examples. It was constructive, not run of the mill stuff. Informative, clearly defined and well structured.

*Neville Patel  
The In and Out (Naval and Military Club)*

- “ The training course could not have been better for me! Content was extremely relevant, and context was spot on! Diagrams, processes and exercises were clear and accessible, and I enjoyed every part. The trainer's presentation was excellent for my learning style: fast paced, visual and course material were very good. Chris was very professional.

*Hannah Ginn  
Langley House Trust*