

## Wellbeing at Work – A Guide for Employees

This **FREE** eight-part e-learning module has been developed to help improve employee understanding of wellbeing in the workplace and provides helpful guidance and advice on a broad range of related topics.

The content includes:

- **Wellbeing facts and figures**
- **The impact of work on our wellbeing**
- **Recognising the signs of stress, identifying workplace stressors, and promoting wellbeing at work**

The course is suitable for all employees and would be beneficial for staff wishing to take a more active role in employee wellbeing within their organisation.



## Wellbeing at Work – A Brief Guide for Employers & Managers



This **FREE** two-part e-learning module is aimed at managers and senior leaders and builds upon the content covered in the 'Wellbeing at Work - A Guide for Employees' training. It provides additional information for supporting and managing staff wellbeing in the workplace, including:

- **Recognising the warning signs of poor mental wellbeing**
- **Outlining roles and responsibilities within an organisation**

It is advisable to complete the 'Wellbeing at Work - A Guide for Employees' training prior to undertaking this course.

To access the wide range of training resources available, **simply scan this QR code** with your smartphone camera. It will direct you to the Mental Health and Wellbeing Training Platform, [www.livingwell.training](http://www.livingwell.training). Here you can choose the resources which best support your needs.



For further information about our services, please e-mail: [training@thecellartrust.org](mailto:training@thecellartrust.org) or call 01274 586474.

# Cellar Trust Training



## Cellar Trust Training

The Cellar Trust develops and delivers mental health and wellbeing training courses on a wide range of topics, for a variety of organisations, businesses and clients.

Most of the resources are FREE and available as e-learning modules, facilitated online webinars or face to face training.

In addition, we can create 'tailor made' training packages, designed to support mental health and wellbeing and meet your specific needs.

The resources are available through the Mental Health and Wellbeing Training Platform, [www.livingwell.training](http://www.livingwell.training), which has been developed by The Cellar Trust, in collaboration with Living Well and a network of voluntary, community, and public sector training providers from across the Bradford district.



## Leading Mental Wellbeing

This two-hour interactive facilitated webinar explores the concept of mental wellbeing within the context of leadership and the ongoing response to the Covid-19 pandemic. The course provides leaders with information and guidance on managing wellbeing in the workplace, using up-to-date research evidence and best practice.

Topics covered during the session include:

- Recognising the signs of poor mental wellbeing
- Self-care
- Leading through adversity
- Practical wellbeing tools which can be used with colleagues

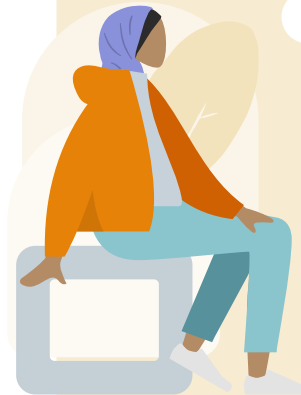


## Mental Health Awareness

This course is available as a facilitated online webinar or e-learning module and aims to provide an awareness and working knowledge of common mental health problems, in order to improve confidence in managing a person's own mental wellbeing and that of others.

The session provides:

- An overview of common conditions such as anxiety and depression, less common issues such as OCD and PTSD
- An insight into what stigma is and why it is important to challenge it
- Tips and guidance around effective self-help strategies
- Advice on how to engage with individuals who are in need of support



## Trauma Informed Practice

Running over two half days, these interactive webinars provide an introduction to Trauma Informed Practice and have been developed for professionals working with adults or families impacted by trauma.

The course:

- Draws on current research to help understand the diversity of human suffering
- Explores alternative explanations of emotional distress by considering the meanings that are given to the experiences we have.



## Skills for Being Well in Adversity

This e-learning module has been developed in partnership with Sharing Voices Bradford and is suitable for anyone wanting to learn more about self-care, is struggling with feelings of distress or who works with people who are in crisis.

The course outlines a range of practical tools and strategies which can help individuals gain insight into their own wellbeing and achieve their goals.

The topics covered include:

- Managing stress and anxiety
- Identifying triggers
- Dealing with difficult feelings
- Thinking styles and beliefs
- Self-care planning



The following **FREE** courses provide information and awareness on a range of topics and have been developed in partnership with **MyWellbeing College**. They have been specially selected to support the wider community in response to the ongoing COVID-19 pandemic and are available as e-learning modules or facilitated online webinars.

Please note, all participants must complete a registration form prior to completing these courses. All data is confidential and processed using NHS data protection protocols and under Article 6(e) of GDPR and for sensitive data 9(c).

## Suicide Awareness

This course aims to improve awareness of the causes, risk factors, and warning signs for suicide and introduce different ways to engage with individuals feeling suicidal, including how to both talk and listen to people.

The session:

- Develops an understanding of suicide
- Challenges common misconceptions
- Shares information about help and support available both locally and nationally



## Stress Buster

This course focuses on understanding the effects of stress and how it can influence thoughts, feelings and behaviours.

The session provides:

- Techniques for managing and controlling stress
- Useful advice, tools and tips to help reduce stress
- Information on how to access further help and support



## Improving Sleep

This course provides information about sleep and examines the different types, how much sleep is needed and how to establish good sleep habits.

The session:

- Identifies the benefits of good sleep
- Looks at what causes common sleep problems
- Provides practical suggestions for improving sleep
- Offers further information about the help and support available



## Understanding Low Mood

This course focuses on understanding more about the effects of low mood, how it can change patterns of thought, and identifies the associated feelings and behaviours involved.

The session:

- Explains more about the causes of low mood
- Offers effective practical ways of recognising, managing and controlling depression
- Provides further information about the help and support available.

