

action  
mental  
health

# Workplace Wellbeing

## Mental Health Training Programmes

Personal Resilience





The resilience programme aims to equip employees and employers with the best techniques to cope with the pressures and stresses of life.

## **This programme will include:**

### **What is stress and what causes it?**

- Define personal resilience and stress, and take part in group work on the causes of stress.

### **What are the links between our thinking patterns and our stress levels?**

- Examine ways in which our own behaviours and personalities can cause us stress. We also undertake a quiz on personality types and examine how this can cause us to view situations in certain ways contributing to stress.

### **Changing our ways of thinking**

- Understand the damaging thinking styles that can cause us to succumb to stress, and then look at ways we can change our way of thinking.

### **Conquering stress**

- To conquer stress we must first know what it is. We will examine in groups what the symptoms of stress actually are. We will also observe key areas which we can use to overcome stress and increase wellness.

## **This course will not:**

- Enable you to diagnose people.
- Make you a counsellor or enable you to counsel people.



## Programme format and duration

**Duration:** 2 hours

**Group numbers:** 8-20

This programme will incorporate a mix of slides and attendee participation alongside group work and exercises.

### Further support

**Whilst this training does not contain any distressing content, the subject matter may provoke an emotional response for some participants.**

All participants are supported to engage with the training and the trainer is equipped to offer signposting/further support information as required at every session. If you have any concerns these can be discussed prior to any training delivery.

**Book now to  
improve your  
workplace wellbeing**

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**action  
mental  
health**

Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland.

To find out how you can support our vital work through donations and fundraising, or by leaving a gift in your Will, please visit [amh.org.uk](https://amh.org.uk).



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