

Training the trainers

Training workshops for trainers

The Stress Clinic provides training for trainers to raise awareness and minimise organisational risks associated with stress, disengagement, bullying and harassment, change, and which promote and build resilience, engagement and dignity at work

Our training workshops can be designed either for employees or managers or both together! Content varies and is subject to agreement with you, our client. We are happy to pilot courses to ensure that they will be effective for your organisation. Please note that we can also provide coaching, clinical and risk assessments, independent investigation, and other individual interventions if required.

Please call me, Derek Mowbray, on 01242 604 271, or email me derek.mowbray@psychologistsdirect.org for information, quotes and to discuss your specific requirements.

Health and wellbeing is rising up the agenda as many organisations acknowledge the financial cost of an unhealthy workforce and the performance benefits of wellbeing.

Headline content (related to each topic):

- Understanding the subject.
- Research supporting approaches to prevention, management and mental health promotion.
- Return on investment.
- Identifying the causes of problems.
- Approaches to prevention and management and the promotion of a healthy workplace.
- The use of workbooks.
- The use of toolkits.
- Assessment
- Practicalities of training

Major benefits:

- Licence to use materials
- Embeds approaches into training staff.
- Economic benefits
- Flexibility in using own training staff.
- Knowledge exchange.
- Quality control and supervision

Workshop topics:

Resilience
Stress control
Dignity at work
Coping with change

Engagement
Bullying and Harassment

Dr Derek Mowbray is widely recognised as an expert in stress control and the prevention of stress. He contributes regularly to HRZone and the HSE blog. His national presentations to the NHS Employers in 2008 and to the annual conferences of the International Stress Management Association in 2008 and 2009 were praised for their clear sense of direction in preventing and controlling stress.

Derek Mowbray is visiting Professor in Psychology, an Independent Technical Expert for the European Commission, an Expert Witness in Stress Management, and an experienced top manager in the public, private, education and voluntary sectors.

With partner, Alan Bradshaw, also widely recognised as an expert in stress control and the founder of In Equilibrium, they have set up The Stress Clinic to provide organisations, managers and employees with services that prevent stress and enhance well-being at work.

www.derekmowbray.co.uk