**Supported Return to Training and Professional Support and Well-being - Training for Educators**

**Spring 2021 - Delivered virtually**

Booking website: <https://accent.hicom.co.uk/CourseManager/Live/HEEM/Web> 

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| **Mind health for Managers**Offering a unique and exclusive combination of an empirically tested model applied to real life situations, the Mind Health for Managers training programme enables attendees to immerse themselves in an authentic case study. They will experience, first-hand, ways of addressing and supporting people to reduce the risk of experiencing mental ill health, leaving them* More informed about mental health.
* More empowered to use their knowledge.
* More competent to apply a validated model of wellbeing, both to themselves and those they manage.
* With greater confidence in supporting those struggling with mental health.

*Note from the provider: we are very mindful of peoples’ well-being and urge that you only book onto this course if you feel you are in a good place psychologically, as sensitive information will be shared and when delivered virtually, the support is not the same as when delivered face to face.*<https://petros.org.uk/mindhealth-for-managers-one-day-programme> | **Dates**This course is delivered over 2 half-days. 13.30-16.30 16 & 17 February 202113.30-16.30 2 & 3 March 2021 09.30-12.309 & 10 March 2021 |
| **Motivational Interviewing and Influencing****Skills for the workplace**An engaging three-hour online programme looking at equipping participants with skills to help engage and support others through effective motivational interviewing and influencing skills.The key workshop objectives are:* Develop effective communication skills to help engage stressed individuals.
* Develop skills to elicit issues and difficulties individuals may be experiencing and unwilling to divulge.
* Developing clear communication from both receiver and sender to reduce communication distortions and blocks.
* Utilisation of two key communication approaches - Principles of Motivational Interviewing and Socratic Questioning.
 | **Dates**This course is a 3-hour workshop13.30-16.30, 1 March 202113.30-16.30, 8 March 202109.30-12.30, 16 March 202113.30-16.30, 17 March 202113.30-16.30, 30 March 2021 13.30-16.30, 31 March 2021 |

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| **Introduction to Coaching**A 1-hour virtual programme designed for the educator who wants to be more effective in supporting their trainees. During this 1-hour virtual program we help educators identify trainees who may be struggling and utilise a framework for having coaching conversations to empower both the educator and the trainee.The key workshop objectives are:* Learn to identify issues trainees may have early
* Develop a clear support strategy
* Utilise a model for coaching conversations and develop effective communication skills to help engage stressed individuals.
 | **Dates**This course is a 1-hour webinar12.00-13.00.26 February 2021 |
| **Coaching Trainees to Succeed**A 3-hour virtual programme designed for the educator who wants to be more effective in supporting their trainees. During this 3-hour virtual program we will discuss ‘how to talk so trainees will listen, and listen so trainees will talk’. The goal of the training is to equip educators with practical tools and techniques to identify trainees who may be struggling. Participants will learn strategies to have those (sometimes difficult) conversations and utilise a framework for having coaching conversations to empower both the educator and the trainee.The key workshop objectives are:* Learn to identify issues trainees may have early
* Develop a clear support strategy
* Utilise a model for coaching conversations Practice
 | **Dates**This course is a 3-hour workshop09.30-12.30, 26 March 2021  |
| **Neurodiversity Training – Understanding Cognitive Diagnostic Reports of Neurominorities.**Objectives: 1. What is Neurodiversity?
2. How we complete assessments; cognitive testing?
3. The Spiky Profile, Strengths & Challenges
4. Why do neurominorities make valuable employees?
5. Reasonable Adjustments
6. Assessment Report Overview with Q&A

  | **Dates**This course is a 1-hour webinar12.30-13.30, 29 January 2021  |
| **Courageous Conversations****The aims and objectives of this workshop are:*** To help you to develop your confidence and skills in handling difficult conversations with direct reports, colleagues or senior managers
* To help you feel confident, competent and supported to manage poor behaviour, performance and variation in an effective way and in line with Trust values
* To offer you practical tools and an opportunity for you to experiment in a safe environment
* For the workshop to be stimulating and engaging in design and delivery method

**The intended outcomes:**By the end of the workshop, the intention is that you will be more able to:* Be clear on the important conversations you need to have, and when to raise issues
* Be able to have more effective conversations, respectfully and with real understanding, and develop a collaborative approach
* Become a role model by addressing more of those difficult conversations.
 | **Dates**This course is a 3-hour workshop09.30-12.30, 4 March 202113.30-16.30, 4 March 202109.30-12.30, 19 March 202113.30-16.30, 19 March 2021 |

Please note: In order to facilitate these sessions, your name and email address will be shared with the course provider.