

## *Mental Wellbeing*

# *Facilitator Training*

A free five-week training course for people who would like to get the skills to help run mental wellbeing sessions and use their own experience to help create a new way of looking at mental health.

**Venue:** Space 2, The Old Fire Station, Gipton Approach, Leeds LS9 6NL

**Dates and Times:** Thursdays 10am - 12pm From 25th April 2019 for 5 weeks

**Cost:** Free

**Expenses:** We can pay your travel expenses to and from the course and we'll provide snacks and tea too.

### **Who it's for:**

People who are interested in helping deliver one of Humans Being's short mental wellbeing courses. Humans Being go into community organisations to run workshops and courses where people can look at the influence of gender stereotypes and the pressures they feel to behave in certain ways. This gives them a chance to think again about who they really are as human beings, what they really value and the changes they would like to make. We provide tools that can help them achieve these changes – tried and tested methods from coaching, cognitive behavioural therapy, mindfulness and assertiveness training.

You will use your personal experiences to explore what has helped you in the past and look at the strengths and skills you have that could help others feel more calm, confident and positive. It will be useful to anyone interested in a career in mental wellbeing, group work or training.

### **What you will get out of it;**

Facilitating sessions and knowing that you've been a part of something that changes people's lives is a fantastic feeling. But it can also be challenging, frustrating and nerve-wracking. This course will show you some tried-and-tested techniques for making groups run smoothly, building your confidence and looking after your own wellbeing as you do it.

### **When you've finished the training - getting a position on course**

When you've finished the training you can put your skills into practice in one of our courses. We run these all over Leeds and will try to find a time and place that suits you. You'll lead one of these groups with a member of staff, receiving ongoing support and feedback. You will be able to choose the sessions to suit you, take breaks and get support when you need to.

# The course week-by-week

## 1. **Week one - introductions and aims**

- Our skills, experiences and hopes for the course
- Overview of topics and exercises
- Exploring the links between gender and mental wellbeing
- The principles and tools behind our approach

## 1. **Using your experience to create new activities**

- Theory of change exercise
- Exploring what helps you in you life and how we can use in the course
- Recognising your strengths and skills and how to put them into practice

## 1. **Facilitation basics**

- The role of the facilitator
- Using ground rules in practice
- Developing listening skills that help others think better

## 1. **Creating a relaxed and positive atmosphere**

- How to use relaxations and meditations
- Encouraging and appreciating contributions
- Moving the session along with sensitivity

## 1. **Keeping it calm, keeping it safe**

- Safeguarding basics
- How to dealing sensitively with distressed participants
- Your boundaries as a facilitator
- What do you want to do next

*“Go on this course, it will help you with your depression or anxiety, you will meet other people and you will get a lot out of it - it's made me a stronger person inside in just a few weeks!”*

*Lincoln Green participant, Feb 2019*

## Book your place now!

Contact: Duncan Millard, Mental Well-being Co-ordinator, Humans Being

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