



ONLINE TRAINING

(APRIL-MAY 2020)

HOW TO BOOK: To book onto one of our online training sessions, simply email contactus@theolliefoundation.org. We'll confirm your place and send instructions for how to join us online.

DONATIONS: We are not charging for these training sessions. However, if feel able to, please do consider donating £10 via our online donation site: <https://www.givey.com/theolliefound>. **Please note** that a minimum donation of £50 is required for the MHFA course to help us cover costs. THANK YOU!

Suitable for teens and adults
 Suitable for adults

Course Title	Dates	Content	Aims	What will you learn?	Delivered by
Keeping Safe and Carrying On – for Teens (Session A for Year 11 and above) Max: 10 / Min: 6	Tuesday April 7, 14, 21, 28 1–2pm	Explore how the brain processes fear and anxiety. Learn simple tips for managing moments of overwhelm, stress, sleeplessness and loneliness.	For teens to feel better supported and know how to support themselves. A short online overview to explore some common cognitive behavioural therapy (CBT) notions and IHEART principles in relation to wellbeing and managing anxiety and overwhelm.	How fear and anxiety are processed by the brain. How our bodies and behaviours are impacted by fear and anxiety. Useful techniques to improve wellbeing.	Debi Roberts MA Ed
Keeping Safe and Carrying On – for Teens (Session B for Years 7–8) Max: 10 / Min: 6	Thursday April 16, 30 May 14, 28 10–11am	Explore how the brain processes fear and anxiety. Learn simple tips for managing moments of overwhelm, stress, sleeplessness and loneliness.	For teens to feel better supported and know how to support themselves. A short online overview to explore some common cognitive behavioural therapy (CBT) notions and IHEART principles in relation to wellbeing and managing anxiety and overwhelm.	How fear and anxiety are processed by the brain. How our bodies and behaviours are impacted by fear and anxiety. Useful techniques to improve wellbeing.	Debi Roberts MA Ed

<p>Keeping Safe and Carrying On – for Teens</p> <p>(Session C for Years 9–10)</p> <p>Max: 10 / Min: 6</p>	<p>Thursday April 16, 30 May 14, 28</p> <p>4–5pm</p>	<p>Explore how the brain processes fear and anxiety. Learn simple tips for managing moments of overwhelm, stress, sleeplessness and loneliness.</p>	<p>For teens to feel better supported and know how to support themselves. A short online overview to explore some common cognitive behavioural therapy (CBT) notions and IHEART principles in relation to wellbeing and managing anxiety and overwhelm.</p>	<p>How fear and anxiety are processed by the brain.</p> <p>How our bodies and behaviours are impacted by fear and anxiety.</p> <p>Useful techniques to improve wellbeing.</p>	<p>Debi Roberts MA Ed</p>
<p>Goalsetting – for Adults</p> <p>Max: 10 / Min: 6</p> <p>Part 1: Standalone session. Part 2: For those that want to come back and get more support with their own plans.</p>	<p><u>Part 1</u> April 11, 18 9.30–12.30</p> <p><u>Part 2</u> April 12, 19 9.30–12.30</p>	<p>Explore the science behind goalsetting and learn a process you can use to achieve your goals or overcome your problems.</p>	<p>Understand the processes that science shows support effective goalsetting.</p> <p>Learn how to use a visual aid that’s key for effective goalsetting.</p>	<p>Plan how to achieve your goals and how to flip your worries and fears to feel confident in how to move forward.</p>	<p>Debi Roberts MA Ed</p>
<p>Mental Health First Aid (MHFA) 1-Day Youth Course</p> <p>Delivered in two half-day morning sessions (both should be attended)</p> <p>Suitable for ages 15 and above. Max: 16 / Min: 8</p>	<p><u>Part 1</u> April 11, 18 9.30–12.30</p> <p><u>Part 2</u> April 12, 19 9.30–12.30</p>	<p>Qualify as a Mental Health First Aid Champion</p>	<p>To explore what the most common mental health issues are and where and how to signpost people so they can receive the support they need.</p>	<p>A basic understanding of common mental health issues and associated behaviours.</p> <p>To know where to find support in the local community and online for anyone struggling with poor mental health and/or emotional overwhelm.</p>	<p>Dr Irtiza Qureshi or Debi Roberts MA Ed</p>
<p>Goalsetting – for Teens</p> <p>Max: 10 / Min: 6</p>	<p>Thursday April 9, 23 May 7, 21</p> <p>2–5pm</p>	<p>Explore the science behind goalsetting and learn a process you can use to achieve your goals or overcome your problems.</p>	<p>Understand the processes that science shows support effective goalsetting. Learn how to use a visual aid that’s key for effective goalsetting.</p>	<p>Plan how to achieve your goals and how to flip your worries and fears to feel confident in how to move forward.</p>	<p>Debi Roberts MA Ed</p>

<p>Planning for Calm in Lockdown – for Teens</p> <p>Max: 30 / Min: 15</p>	<p>Monday 13, 27 April</p> <p>2–3.30pm</p>	<p>Learn how the brain processes fear and anxiety and some simple tips for managing moments of overwhelm, including how to create an anxiety safe plan.</p>	<p>A short online course to explore the use and application of a safe plan in relation to anxiety and overwhelm, in particular in relation to pandemic anxiety.</p> <p>Learn how to create a safe plan for yourself or to use with others to manage anxiety and overwhelm.</p> <p>Feel confident in using a safe plan to support someone in emotional crisis.</p>	<p>How fear and anxiety are processed by the brain.</p> <p>How our bodies and behaviours are impacted by fear and anxiety.</p> <p>What calms an anxious brain?</p> <p>What a safe plan is.</p> <p>How to use a safe plan to keep us safe for now from anxiety and overwhelm.</p>	<p>Christine Black (Cognitive Hypnotherapist and Suicide Prevention Coach)</p> <p>Wendy Henrys (Psychotherapist and Suicide Prevention Coach)</p>
<p>Asking about Suicide + Safe Plan Prevention</p> <p>Max: 30 / Min: 15</p>	<p>Monday April 6, 20</p> <p>2–3.30pm</p>	<p>Explore the myths around suicide.</p> <p>Understand how friends and family can play an important role in suicide prevention.</p> <p>Learn how to create a safe plan for yourself or someone you are worried about</p>	<p>A short online course to explore the use and application of a safe plan. You will learn how to create a safe plan for yourself or to use with others.</p> <p>Feel confident in using a safe plan to support someone in emotional crisis</p>	<p>When it is and isn't appropriate to have a direct conversation around suicide. What those conversations might sound like.</p> <p>What a safe plan is and how to create one.</p> <p>Learn one or two techniques to calm anxiety in the moment.</p> <p>Know where to find signposting to services that may be useful.</p>	<p>Christine Black (Cognitive Hypnotherapist and Suicide Prevention Coach)</p> <p>Wendy Henrys (Psychotherapist and Suicide Prevention Coach)</p>
<p>Planning for Calm in Lockdown – for Adults</p> <p>Max: 30 / Min: 15</p>	<p>Wednesday April 8, 22 May 6, 20</p> <p>10–11.30am</p> <p>OR</p>	<p>Learn how the brain processes fear and anxiety and some simple tips for managing moments of overwhelm, including how to create an anxiety safe plan.</p>	<p>A short online course to explore the use and application of a safe plan in relation to anxiety and overwhelm, in particular in relation to pandemic anxiety.</p> <p>Learn how to create a safe plan for yourself or to use with others</p>	<p>How fear and anxiety are processed by the brain.</p> <p>How our bodies and behaviours are impacted by fear and anxiety</p> <p>What calms an anxious brain?</p> <p>What a safe plan is.</p>	<p>Christine Black (Cognitive Hypnotherapist and Suicide Prevention Coach)</p> <p>Wendy Henrys (Psychotherapist</p>

	Wednesday April 15, 29 May 13, 27 7.30–9pm		to manage anxiety and overwhelm. Feel confident in using a safe plan to support someone in emotional crisis	How to use a safe plan to keep us safe for now from anxiety and overwhelm.	and Suicide Prevention Coach)

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