



## **Understanding Emotional Wellbeing and Resilience**

(A Level1 endorsed qualification)

### **What does it cover?**

This training upskills its participants to understand emotional wellbeing and build resilience for their own mental health. It discusses a range of topics including stigma, signs and symptoms of mental ill health, coping strategies, engaging with others about mental health, supports, and self-care. Our mission is to take the mental health struggle out of the shadows and support organisations to engage with their staff and clients to improve their emotional wellbeing.

### **Who is it suitable for?**

This training is suitable for everyone – employees and employers, clients and service users or group participants.

### **What is the format?**

The training is an endorsed program that consists of a 3–hour workshop (inclusive of breaks) for up to 15 participants per group.

### **Why choose this program?**

This is not the usual mental health Awareness presentation provided by many other organisations. Each training program is delivered by 2 fully trained facilitators who bring a unique combination of professional expertise and lived experience to the participants. The Hummingbird Project delivers interactive, strengths based, facilitated learning. We deliver the learning outcomes by supporting the group to

identify their own barriers and difficulties and collaboratively gain insights and produce solutions that work for them as a group and as individuals.

**Learning outcomes:**

As a result of completing this program, participants will achieve:

- A greater understanding of signs and symptoms of poor emotional wellbeing and the impact of mental health
- Skills to build their own emotional resilience and support the resilience of others
- Increased confidence in being able to engage about emotional wellbeing
- A reduction of stigma and removal of negative viewpoints regarding mental ill health

**Cost:**

£75 per person. Social value discount considered for not for profit and social impact organisations.