



Peter Christison & Associates Workplace Health Consultancy and Training

Promoting *healthy minds in the workplace at organisational
Managerial and employee levels*

Training: *Mental health subjects, stress, resilience, and health promotion*

Retaining and returning *the workforce suffering adverse stress
or mental ill health in the workplace,*

UK wide: *Training Workshops, Seminars, Strategies & Projects
Case Management Service, Assessments, Protocols, Policies*

Author of 'Healthy Minds in the workplace' toolkit and training programme.

An Innovative highly thought of Well- Being and Stress Management workshop/training course (Part of the 'Healthy Minds in Your Workplace' series)

**(Ask about our low cost telephone & Webcam or face to face mental well
being & Stress management 1 to 1 health coaching)**

'Thought-provoking and certainly of benefit to anyone in full time work' **Sam Fuller**
Environment Officer Environment Agency East Anglia

*'I enjoyed the practical recommendations and how it applies to me, interesting, pacy and
supportive course'* **Carole Thompson HR advisor Surrey Probation Service**

*I found the challenging negative thinking very useful as it is an issue for me; the course held
my attention all the time* **Hayley Davis Surrey and Sussex Probation Trust**

'Very useful and provided info and techniques I wouldn't otherwise know' **Faith Jones Case
Administrator Surrey Probation Service**

The impact of recession is well known in economic and life style terms; the affect on the population's health while equally is understood there are strategies and practical approaches that can be learnt to ameliorate the possibility of severe anxiety and possible mental illness.

Many individuals and employers are not aware of:

-  Signs and symptoms of adverse stress, anxiety or common mental health problems
-  Have practical steps to combat and or reduce their adverse stress and promote their well being
-  Most organisations do not have procedures or training in place that can be effective until the employee goes off sick or has to be seen by Occupational Health; if appropriate.

Recession busting packages

We are very conscious that any employer has a number of priorities in difficult economic times for the survival of their business and for themselves personally. Apart from the economic survival we are aware that the health of the workforce is key for the success of the organisation.

We have developed short focussed **practical some say unique** well being and stress busting packages at low cost for employers to implement 'in house' or collectively with other employers. Our inter- active learning can be:

- ✚ 2 hour workshops for employees
- ✚ 0.5 day1 & 2 day training for managers* and employees -
- ✚ Group size ideally no more than 16 for maximum learning in each case

- ✚ **Fees NO VAT.** In house Negotiable dependent on quantity 1 day= £595.00; open training (London rate) £150.00

No theory just practical techniques using : well being ,stress ,and cognitive function menus

Topics that can be covered depending on which package you choose; these are also the aims and objectives

- ✚ Brief overview of what is adverse stress
- ✚ Knowing signs and symptoms of adverse stress and mental ill health,
- ✚ Becoming familiar with your own symptoms and what triggers these; taking evasive action
- ✚ Over view of risk factors for adverse stress in your personal life and in the workplace
- ✚ What are the resilience or protective factors to prevent adverse stress, including being aware of your own
- ✚ Learn a menu of thorough practical Well being techniques to use 24/7, to promote mental well being and practice to prevent the triggers for and adverse stress and depression from the following menu:
 - Physical tension relieving exercises including for shoulders and neck
 - Different breathing exercises
 - Visualisation relaxation exercises
 - Principles of Mindfulness
 - Your own reward system, what and implementation
 - The role of self- discussion, how when and where?
 - Challenge negative thinking, CBT techniques
 - Sleep problems-some tips on how to combat these
 - 'There is no time' You control time not time controlling you
 - The importance of Exercise with ideas of types for all
 - Taking an effective lunch break-what to do and what not to do
 - The daily 'switch off' with your partner/friends- practical suggestions: how and when ?
 - Over view of food and drink – includes impact of alcohol and caffeine advice
 - Nutrition and stress
 - Tips for lone workers
 - What am I thinking when I travel to and from work- more 'switch off' techniques?
 - Avoiding and managing conflict
- ✚ When and where to put these into practice
- ✚ Evaluating what works for you, and tracking your practice and progress

Abridged Biography of the trainer

***Peter Christison** has worked for over 20 years in the business sector, 10 years in the public and voluntary sectors and has gained over 18 years experience delivering and designing training to all these sectors.*

He has worked in the mental health field for over 18 years, and was a Mental Health Promotion Specialist in the NHS for 4 years where he researched and wrote 'Healthy Minds

in your Workplace' toolkit and training Programme. The toolkit was used by one of the HSE pilot sites for the development of the HSE Stress Management Standards.

The majority of this programme was used for the £5.8 Million 'Healthy Minds at work' project throughout Wales in 2004-07.

He has written articles published about promoting workplace mental health in national journals including: the Health Service Journal (HSJ) and 'The Professional Manager' the magazine of the Chartered Management Institute.

He offers a job retention case management service in the Sussex, South and East Hampshire and Surrey.

Further details of his experience associates and client list available on request.

For further information of availability, terms and conditions contact Peter Christison in confidence without obligation.

We offer over 30 training courses and 15 consultancy services in:

-  Workplace health
-  Mental health
-  Health & Safety
-  Management and personal development skills

A large variety of consultancy services and psychological and other therapies are available.

© Peter Christison & associates 2007

32 Timberlands Storrington W. Sussex RH20 3NF.

www.healthymindsinyourworkplace.com

Tel: 01903 742434 or mobile 0778 78 66339

**Peter Christison Roger Butterworth Keith Allen CMIOSH, FRSPH,
Cathy Robinson Bsc, Dip Nut Med Debby Klein Norma Christison Msc
Justine de Vandeweg EFT and creative art therapist**