



Helping you put staff wellbeing
at the heart of your business...
and the top of your agenda

 insight2mentalhealth.co.uk

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Registered No. 185013



accredited register





Contents

Introduction	3	Menopause training	
Mental health training		Menopause champions	12
Mental Health First Aid England adult courses		Menopause: the importance of self-care	12
Mental Health First Aider	4	Menopause: the effective manager	13
Mental Health First Aid refresher	4	Men... let's talk menopause	13
Mental Health First Aid Champions	5	Menopause: the change no one talks about	14
Mental health aware	5	CBT for menopause symptoms	14
Mental health skills for managers	5		
Mental Health First Aid England youth courses		Bespoke wellness training	
Mental Health First Aider	6	Understanding anxiety and depression	15
Mental Health First Aid Champions	6	Supporting the mental health of children and young people	15
Mental health aware	7	Sleep workshop	16
		Stress management workshop	16
National Centre for Suicide Prevention		An introduction to burnout	16
Education and Training		Imposter syndrome ... realise your potential	16
Suicide First Aid: understanding suicide intervention	8	Learn well, be well	17
Suicide First Aid: children and young people	8	Staying resilient through change	17
Suicide First Aid lite	9	You are enough: boosting self-esteem and overcoming people pleasing	18
		Men's health	18
Thrive neurodiversity in the workplace training		What people are saying	19
Aware webinar	10	What next	20
Champions workshop	10		
Managers' workshop	11		

Introduction

Blazing a trail for workplace wellbeing

Today, being a responsible employer goes beyond providing a competitive salary and a decent pension.

Truly valuing and supporting your staff means putting mental health and wellbeing at the heart of your organisation – and the top of your agenda.

Here are just some of the reasons why:

- Staff feel recognised, valued and supported
- Absenteeism and presenteeism steeply decline
- Loyalty and retention soar
- Employees thrive – with better mental health, less burnout and improved performance
- Company profits increase

Insight2 Mental Health exists to help organisations **do** better and **be** better.

Through powerful mental health, neurodiversity, suicide prevention and menopause training – all delivered by me, Jo Wood – Insight2 Mental Health can help you embrace a better, kinder way of doing business.



The result?

A happier, healthier workforce...
and greater business success.

Why choose Insight2 Mental Health

- 30-year NHS career: including 23 years in healthcare HR
- Strategic responsibility for the wellbeing of 11,000 NHS staff during Covid
- Adult and youth instructor with Mental Health First Aid (MHFA) England
- Associate suicide tutor with the National Centre for Suicide Prevention Education & Training (NCSPET)
- Thrive-certified neurodiversity in the workplace instructor
- Human Givens psychotherapist
- Member of the British Menopause Society
- Fellow of the Chartered Institute of Personnel and Development
- TRiM (Trauma Risk Management) practitioner

From impactful off-the-shelf **mental health, neurodiversity, suicide prevention** and **menopause courses** to **bespoke training days** and **wellbeing workshops**, I can help.

Let's talk

Every relationship starts with a conversation, so if you like what you read in the pages ahead, let's talk!



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Mental health training

MHFA England-certified training to support your staff

Mental health training is the most effective way to nurture a culture of care within your organisation. As an adult and youth instructor with Mental Health First Aid (MHFA) England, I run courses and workshops that empower you to look after the mental health of your staff.

Mental Health First Aid adult courses

Mental Health First Aider

Duration: Two days

Who's it for? Anyone who wants to become a Mental Health First Aider

What will I learn?

- An in-depth understanding of common mental health issues
- Recognising the signs of poor mental health and providing early intervention and signposting to professional help and support
- Interpersonal skills, such as non-judgemental listening and empathy
- The ability to help and support someone with poor mental health to thrive
- Understanding the Mental Health First Aider role – including boundaries and confidentiality
- Tools to support and prioritise your own mental wellbeing

Mental Health First Aid refresher

Duration: 4 hours

Who's it for? Mental Health First Aiders who need to renew their skills*

What will I learn?

- Updating your mental health support knowledge, awareness and skills
- Updating your knowledge of mental health and what influences it
- Applying the Mental Health First Aid action plan

* Mental Health First Aid training should be kept up to date. The refresher course must be done within six months of the three-year renewal date.

Mental Health First Aid Champions

Duration: One day

Who's it for? Anyone who wants to become an MHFA Champion

What will I learn?

- What is an MHFA Champion?
- Understanding common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- The ability to spot the signs of mental ill health
- Skills to support positive wellbeing

Mental health skills for managers

Duration: 4 hours

Who's it for? Managers who want to create an open workplace culture around mental health and wellbeing

What will I learn?

- Spotting the signs of poor mental health in your employees
- Having open conversations about mental health with your team
- Role modelling good self-care practice to encourage your staff to prioritise their own mental health and wellbeing
- Signposting to support and guidance

Mental health aware

Duration: 4 hours

Who's it for? Anyone who wants an introduction to mental health

What will I learn?

- What is mental health – and how to challenge stigma
- Understanding common mental health issues
- Prioritising your own mental health and wellbeing
- Knowledge and confidence to support someone in distress, who may be experiencing poor mental health

“ Jo is truly fantastic. She's a passionate and caring instructor who takes time to appreciate her students' own experiences of mental health and to highlight the importance of self-care and reflection. Thank you, Jo, for supporting us through our first steps of mental health training – and for reminding us there are plenty more learning resources out there should we need them. ”

LEARNER • ADULT MHFA COURSE

Mental Health First Aid youth courses

Mental Health First Aider

Duration: Two days

Who's it for? Anyone working with young people aged 8 to 18, who wants to become a certified Youth Mental Health First Aider

What will I learn?

- An in-depth understanding of young people's mental health issues
- Recognising the signs of mental ill health in young people, and providing early intervention and signposting to professional help and support
- Knowledge and confidence to reassure and support a young person in distress
- Interpersonal skills, such as non-judgemental listening and empathy
- The ability to help and support a young person with poor mental health to thrive
- Tools to support and prioritise your own mental health and wellbeing

Mental Health First Aid Champions

Duration: One day

Who's it for? Anyone working with young people aged 8 to 18, who wants to become a Youth MHFA Champion

What will I learn?

- What is a Youth MHFA Champion?
- Understanding common mental health issues and how they can affect young people
- Knowledge and confidence to advocate for mental health awareness
- The ability to spot the signs of mental ill health in young people, and guide them to a place of support
- Skills to support positive wellbeing

Mental health aware

Duration: 4 hours

Who's it for? Anyone working with young people aged 8 to 18, who wants an introduction to mental health

What will I learn?

- Understanding common mental health issues that affect young people – including depression, anxiety, eating disorders and psychosis
- Skills to work effectively with young people living with mental health issues
- Skills to support and relate to young people with poor mental health

Let's talk

Committed to embracing mental health for your organisation?

Email me at enquiries@insight2mentalhealth.co.uk or call **07920 004498** and let's chat.

“ This was a very helpful course. It was informative yet not too 'heavy'. Before the course I didn't feel overly confident about supporting young people with mental health issues, but now I do. Thank you so much Jo. ”

LEARNER • YOUTH MHFA COURSE

National Centre for Suicide Prevention Education and Training

Quality assured and accredited suicide first aid courses

Openness around suicide prevention helps to support anyone who has felt the impact of suicide: and even basic skills may help to keep someone with suicidal thoughts alive. As an associate suicide tutor with the National Centre for Suicide Prevention Education and Training, I offer three courses – all assured by either City & Guilds or The Royal Society for Public Health.

Suicide First Aid: understanding suicide intervention

Duration: One day

Who's it for? Anyone who wants to gain foundational knowledge and practical skills that will equip them to intervene in situations where someone may be contemplating suicide

What will I learn?

- Insights into the complex factors that can lead to thoughts of suicide and suicide behaviours
- The verbal, behavioural and situational indicators that someone may be thinking of suicide
- Skills to engage in sensitive and supportive conversations, helping to de-escalate crises and offer hope
- Tools and approaches for providing immediate support, using a three-step guide to suicide safely
- The ethical responsibilities involved in suicide prevention, including confidentiality, consent and the importance of self-care

Suicide First Aid: children and young people

Duration: One day

Who's it for? Anyone working with children and young people who wants to develop the knowledge and confidence to support children and young people experiencing suicidal thoughts

What will I learn?

- Insights into the complex factors that can lead to thoughts and behaviours in children and young people
- The verbal, behavioural and situational indicators that someone may be thinking about suicide
- Skills to engage in sensitive and supportive conversations, helping to de-escalate crises and offer hope
- Tools and approaches for providing immediate support to young people vulnerable to suicide, using a three-step guide to suicide safety
- The ethical and safeguarding responsibilities involved in suicide prevention within the context of supporting children and young people

Suicide First Aid lite

Duration: 3.5 hours

Who's it for? Anyone in a professional or community role

What will I learn?

- Insights into the complex factors that can lead to thoughts of suicide and suicide behaviours, including mental health issues, emotional distress and societal pressures
- The verbal, behavioural and situational indicators that someone may be thinking of suicide
- Skills to engage in sensitive and supportive conversations, helping to de-escalate crises and offer hope
- Practical tools and approaches for providing immediate support
- The ethical responsibilities involved in suicide prevention, including confidentiality, consent and the importance of self-care

Let's talk

Time to prioritise suicide prevention and learn suicide intervention skills?

Email enquiries@insight2mentalhealth.co.uk or call me on **07920 004498** to discuss your options.

“ I was so pleased that I got to do this course and I learnt so much. This is something I have experienced in my role, but I will now be able to face this with more confidence. I am really grateful that I had a great, understanding tutor who I felt safe discussing this sensitive matter with. ”

LEARNER • SUICIDE FIRST AID CYP

Thrive neurodiversity in the workplace training

CPD-accredited neurodiversity courses

Build an inclusive workplace culture with Thrive CPD-accredited neurodiversity training. You'll gain a powerful insight into the challenges faced by the neurodivergent members of your team, and discover how to provide the understanding and support they need to flourish in the workplace.

Aware webinar

Duration: 1 hour

Who's it for? Anyone who wants to understand more about neurodiversity

What will I learn?

- The concept of neurodiversity
- Discover the range of neurodivergent conditions and the strengths that accompany each one
- Common myths around neurodiversity
- The link between unrecognised, unsupported neurodivergence and mental health disorders
- The challenges faced by neurodivergent individuals – from sensory issues and focus to communication and social themes

Let's talk

Ready to embrace neurodiversity within your organisation?

Email me at enquiries@insight2mentalhealth.co.uk
or call **07920 004498** and let's chat.

Champions workshop

Duration: 4 hours

Who's it for? Anyone who wants to become a neurodiversity champion

What will I learn?

Everything covered by the Aware webinar, plus:

- An understanding of how neurodivergent individuals may present within the workplace – and how you can support them
- A basic understanding of executive functioning
- The executive functioning challenges faced by neurodivergent individuals in daily life
- How it feels to experience executive functioning challenges
- Why it's important for diversity and inclusion to include neurodivergent individuals within your organisation
- The importance of supporting those who are diagnosed – or who self-identify – as neurodivergent

Managers' workshop

Duration: One day

Who's it for? Leadership teams keen to nurture an inclusive workplace

What will I learn?

- Discover the range of neurodivergent conditions and the strengths and challenges that accompany each one
- An understanding of how neurodivergent individuals may present within the workplace – and how you can support them
- What is executive function – and how does it impact neurodivergent individuals in daily life
- Sensory overload – and how to create a sensory-safe workplace
- Practical tools to support neurodivergent individuals in crisis
- Why diversity and inclusion must include neurodivergent individuals
- The positive impact support and understanding can have on mental health
- Understanding the triangle of support as a way to manage neurodivergent individuals with respect and kindness

Let's talk

Ready to embrace neurodiversity within your organisation?

Email me at enquiries@insight2mentalhealth.co.uk
or call **07920 004498** and let's chat.

“ Gain a powerful insight into the challenges faced by the neurodivergent members of your team, and provide the understanding and support they need to flourish in the workplace. ”

Menopause training

Raising awareness of menopause

Businesses are just beginning to understand the impact of menopause on their employees. As a member of the British Menopause Society, I offer six courses to help you support your staff through menopause, and to help your organisation become menopause aware.

Menopause champions

Duration: 3.5 hours

Who's it for? Anyone who wants to become a workplace menopause champion

What will I learn?

- What is menopause – and why does it happen?
- The three stages of menopause
- What is a menopause champion?
- Becoming a menopause champion
- Supporting colleagues who are experiencing menopause

Menopause: the importance of self-care

Duration: 2 hours

Who's it for? Women going through the menopause

What will I learn?

- The three stages of menopause
- The symptoms of menopause
- How menopause impacts mental health and wellbeing
- Alleviating your symptoms – and the importance of self-care
- Available support and guidance

Insight2 Mental Health recognises that people have different gender identities. In our course literature, the word 'woman' and the pronouns 'she' and 'her' are used to describe individuals whose sex assigned at birth was female, whether they identify as female, male or non-binary.

Menopause: the effective manager

Duration: 2 hours

Who's it for? Line managers

What will I learn?

- The three stages of menopause
- The symptoms of menopause
- How the law applies to women experiencing menopause
- BS 30414 recommendations for supporting menstruation, menstrual health and menopause in the workplace
- Supporting colleagues who are experiencing menopause

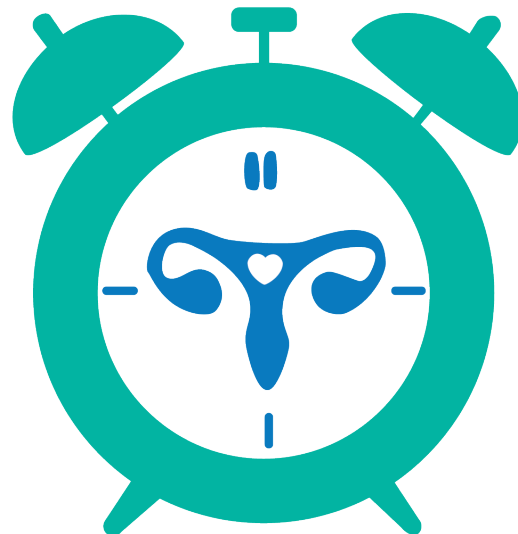
Men... let's talk menopause

Duration: 1 hour

Who's it for? Male colleagues/anyone who identifies as male

What will I learn?

- What is menopause – and why does it happen?
- The symptoms of menopause
- Supporting the menopausal women in your life
- HRT and treatment alternatives
- Available support and guidance



“Your training session was fantastic. It covered so much that we can use internally and it was very beneficial.”

LEARNER • MENOPAUSE CHAMPIONS WORKSHOP

Menopause: the change no one talks about

Duration: 1.5 hours

Who's it for? Young women who want to learn more about menopause

What will I learn?

- The three stages of menopause
- The symptoms of menopause
- Premature ovarian insufficiency (POI) – and how it could affect you
- Helpful lifestyle changes to prepare you for menopause



CBT for menopause symptoms

Duration: Two hours a week for six weeks

Who's it for? Groups of up to eight women who want to alleviate menopausal symptoms such as hot flushes and night sweats

What will I learn?

- Cognitive behavioural techniques to help you manage hot flushes and night sweats
- Interactive exercises to build confidence
- Self-management skills to help you tackle hot flushes, night sweats and other menopause symptoms
- Apply new skills to reduce the distress caused by menopause
- Helpful lifestyle changes to prepare you for menopause

Let's talk

Ready to become menopause aware?

Call me on **07920 004498** or email enquiries@insight2mentalhealth.co.uk and let me get you started.

Bespoke wellness training

Tailored mental health and wellbeing workshops

There will always be times when you need something a little different to my off-the-shelf training. Perhaps you're planning an awareness week or event to support your staff. Here are some examples of bespoke workshops and training I've created for caring organisations just like yours.

Understanding anxiety and depression

Duration: 2 hours

Who's it for? Line managers

What will I learn?

- What are anxiety and depression?
- What causes anxiety and depression?
- What are the signs and symptoms of anxiety and depression?
- Tips for managing symptoms associated with anxiety and depression
- Available support and treatments

Supporting the mental health of children and young people

Duration: 2 hours

Who's it for? Everyone – particularly those with children and young people in their lives who are struggling with their mental health

What will I learn?

- Why mental health challenges in children and young people are on the rise
- The factors that influence the mental health of children and young people
- How language impacts the mental health of children and young people
- How to support the mental health and wellbeing of children and young people
- Available support and treatments

Sleep workshop

Duration: 2 hours

Who's it for? Everyone

What will I learn?

- Why sleep is so important
- What are the sleep stages?
- How sleep deprivation impacts your health and wellbeing
- Recognising and addressing common sleep issues
- The three Rs – and other tips to improve your sleep

An introduction to burnout

Duration: 2 hours

Who's it for? Everyone

What will I learn?

- The difference between stress and burnout
- Recognising the signs and symptoms of burnout
- What causes burnout – and what does it feel like?
- Avoiding overwhelm and burnout
- Exploring your wheel of life – and nurturing your creative side

Stress management workshop

Duration: 2 hours

Who's it for? Everyone

What will I learn?

- The difference between being stretched and being stressed
- Recognising the signs and symptoms of stress in yourself and others
- What's in your 'stress container'?
- Managing stress at work – and why it's important
- Building stillness and silence into your day

Imposter syndrome ... realise your potential

Duration: 2 hours

Who's it for? Everyone

What will I learn?

- What is imposter syndrome – and how does it affect you?
- How imposter syndrome stops you realising your potential
- The connection between low self-esteem and imposter syndrome
- What triggers imposter syndrome?
- How to ditch imposter syndrome – and grow in confidence

Learn well, be well

Duration: 2.5 hours

Who's it for? Everyone

What will I learn?

- Why lifelong learning is important
- What happens in your brain when you learn
- What is a flow state – and why is it important?
- Identifying your preferred learning style – and how it impacts your wellbeing
- Three simple but powerful actions to improve your learning agility



Staying resilient through change

Duration: 1 hour

Who's it for? Everyone

What will I learn?

- What is resilience?
- What makes change hard?
- The neuroscience of change
- 10 practical steps to deal with change and uncertainty

“ Thank you so much for hosting such a great session this morning. It was very insightful and I have come away with a greater knowledge on the subject. You are a wonderfully engaging trainer. ”

LEARNER • IMPOSTER SYNDROME SESSION

You are enough: boosting self-esteem and overcoming people pleasing

Duration: 1 hour

Who's it for? Everyone

What will I learn?

- What is self-esteem
- What causes low self-esteem – and how to know if you have it
- The self-esteem spectrum
- The path to healthy self-esteem
- The 'disease to please' quiz
- Disrupting your people-pleasing habits

Men's health

Duration: 2 hours

Who's it for? Anyone with an interest in learning more about men's health issues

What will I learn?

- The common health concerns affecting men, including heart disease, prostate health, mental health and diabetes
- The impact of stress, depression and anxiety on men's health – and how to seek help to manage your mental health
- The importance of breaking down stigmas around men's health and seeking medical advice when needed
- The importance of preventative healthcare
- The role nutrition, physical activity and sleep play in maintaining overall health and wellbeing.

Let's talk

Whatever your focus – from anxiety to sleep – I'm here to help

Call me on **07920 004498** or email enquiries@insight2mentalhealth.co.uk and let's chat through some ideas.

What people are saying...

“ We’ve worked with Jo for a few years now, for different elements of our wellbeing initiatives and workshops, including mental health first aid training. Jo’s delivery caters to many different learning styles. She strikes the perfect balance of communicating key learning points while reminding delegates of the need to practice self-care during the sessions. I have no hesitation in recommending her for her breadth and depth of knowledge. ”

Chitra Watson
Head of HR • Ellisons Solicitors

“ Epping Forest District Council has worked with Jo since 2020. In that time we have had absolutely superb training, advice and support from Jo to successfully deliver our MHFA strategy.

As well as training many of our MHFAs, Jo provides CPD through masterclasses and runs our regular MHFA community networking events. She is supportive, professional and responsive, and brings a wealth of expertise to our organisation. ”

Julie Dixon
Learning & Talent Business Partner • Epping Forest District Council

“ Jo has been an invaluable asset to Pilgrim’s Europe, delivering exceptional training in mental health first aid, mental health awareness and menopause awareness.

Her dedication and commitment were evident as she travelled across the country, providing support and guidance to our teams at various sites.

Jo’s wealth of knowledge – combined with her brilliant delivery and people skills – not only empowered our newly trained mental health first aiders but also significantly increased mental health buy-in across our business. Her ability to connect with people and make complex topics accessible has made a lasting impact on our organisation. ”

Alison Nash
Employee Experience Business Partner • Pilgrim’s Europe

“ Jo has helped us create a bespoke mental health awareness training course that we can deliver to new managers across the company. She spent half a day in our office delivering a train-the-trainer session, to make sure we had the confidence and knowledge to provide the training.

Jo is an absolute pleasure to work with, and the resources and support she provided were perfect for what we needed. ”

Sophie Read
Learning & Development Advisor • White Stuff

“ Jo was recommended to us at the beginning of our journey into improving the health and wellbeing offering to our employees. She has delivered many mental health first aid sessions across different areas of our business – all with amazing feedback – and continues to support us with updates, resources and information. ”

Joanne Brand
HR Manager • Class UK

“ Jo has delivered a range of training for Care Development East, including menopause awareness and mental health sessions.

The quality of her training is always excellent, and we get great feedback from those care workers who attend. She is always supportive and engaging and takes time to work with delegates so that they go away having developed new skills or gained new knowledge.

Jo is professional and adaptable and has always worked closely with us to meet our partners’ aims and objectives. She is a pleasure to work with and we have no hesitation in recommending her services. ”

Christian Bone
Chief Executive • Care Development East

What next?

Mental health training that works for your staff... and your bottom line

An investment in staff wellbeing is an investment in the success of your organisation – and there's no limit to what you can achieve with a healthy, wellbeing-first culture.

Ready to take the next step?

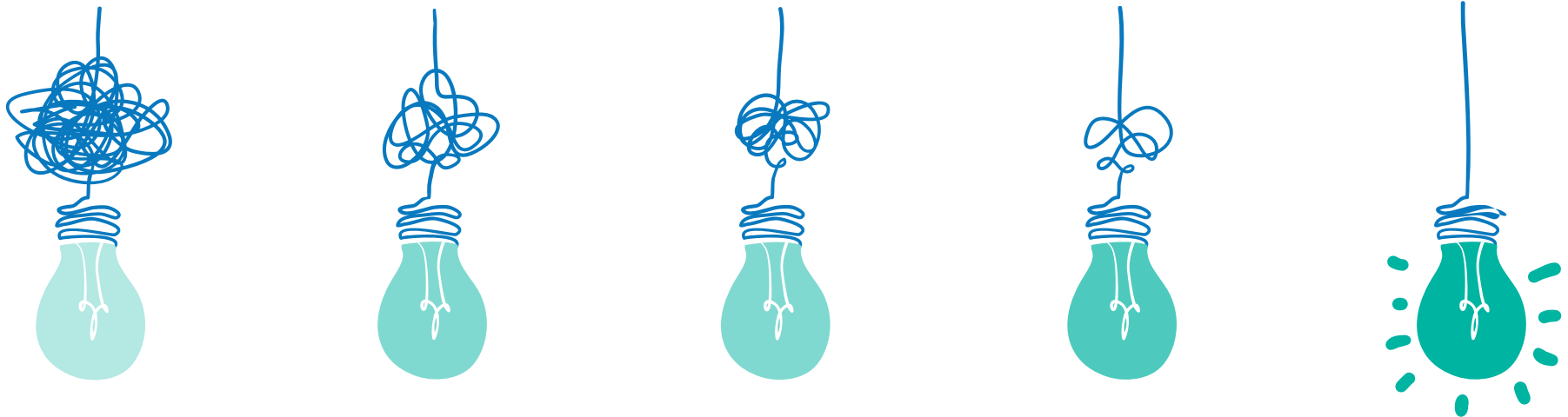
Want to create a culture of wellbeing, and a safe environment where employees feel empowered to **do** – and **be** – their best?

Book your next online or in-person training course – and start your journey to being a better business today.

 **07920 004498**

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Let's talk!

Every relationship starts with a conversation.

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