

TRAINING INITIATIVES to SMILE



This Course is for a North West Region-wide initiative to develop increased uptake of the **Five Ways to Well-being**.

Sustainable Mentorship In Liveable Environments is about evaluating own gifts, helping understanding of Well-being and action within communities to promote good mental health and increased levels of self-appreciation working with the communities own assets and organisations.

Achieving long term, sustainable improvements in health and well-being across the region needs Mentors.

Enhancing the stress management techniques, appreciating learning styles and providing attendees a thorough understanding of the help available to improve the **well-being** of those around them.

Why do the course?

The result is a nationally recognised qualification at level 2 which can be used to further other learning objectives.

There are no examinations.

The course has clear objectives that attendees can Demonstrate.

Attendees of the course will be taught a wide range of skills and benefits including:

- Communication Skills
- Peer Mentoring
- Well Being**
- Asset Based Community Development
- Skills Evaluation
- Stress Management
- Learning Styles and Models
- Referral Routes for Mentoring
- 5-ways to Well-Being**

How is course delivered?

Course delivery is through Twelve training sessions. Learners must commit to the twelve sessions to attain the qualification.

Optional exercises are available between sessions to consolidate the learner's experience.

Course Schedule

The course will take twelve sessions, Between: 10am and 4pm.

Course days will be held at one of three locations:
 Monday's in Manchester,
 Wednesday's in Lancaster
 Friday's in Liverpool.

Who are Bentham i Ltd.

Bentham i are accredited by the Open Awards, as a training provider. We provide flexible approaches to learning, in both style and method and focus on issues that relate to modern living, Including: Wellbeing, Learning, Sustainability and Renewable Energy.

Expression of Interest

Name: _____ Telephone: _____
 Email: _____ Organisation: _____
 Preferred Training Place: Manchester [] Lancaster [] Liverpool []

Tell us in no more than 100 words why you are interested in the course and how you think you will be able to take the learning forward: _____

Please return application slips to: [mailto: Hilary.Abernethy@northlancs.nhs.uk](mailto:Hilary.Abernethy@northlancs.nhs.uk) or write to:
 Hilary Abernethy, Public Health, NHS North Lancashire, Derby Road, Wesham, Lancashire, PR4 3AL
 Or telephone: 07917270474