



Course Specification:

Mental Health and Resilience

The effects of stress, emotions and thoughts
Practical solutions to build personal resilience and manage overwhelm, stress and anxiety.

NOCN Group have produced this Assured Course in association with **Vector Equilibrium** to promote good mental health and wellbeing by equipping participants with practical strategies to build personal and team resilience thus enabling them to manage overwhelm, stress and anxiety and thrive in pressured situations.

The course aims to provide individuals with an understanding of mental health and wellbeing including the relationship between pressure and performance. Delegates will explore what overwhelm, stress, and anxiety means to them and how this impacts their motivation and productivity. Throughout the workshop delegates are provided with practical knowledge and understanding of ways to build and sustain their resilience throughout the day and limit the affects of the body's natural stress response.

This course will benefit all employees regardless of seniority, however due to the focus on stress and performance, supervisors, managers & directors would benefit so they are aware of their own tendency and that of their team to enter a phase where working harder actual decreases performance and increases the risk of mistakes.

The outline, structure and content of this course is assured by NOCN Group.

Course Content / Objectives

The 3-hour workshop will:

- Increase delegates awareness of mental health and factors that may affect it.
- Provide understanding about the stigma surrounding mental health and encourage attendees to challenge this.
- Enable delegates to explore and identify what overwhelm, stress and anxiety means to them and the causes both in and out of work.
- Enable delegates to explore the different stages of pressure from boredom to burnout and understand how different levels affect performance.
- Increase resilience to life's challenges and stresses.
- Build resilience and capacity by refuelling energy across four interrelated dimensions: physical, emotional, mental and spiritual.
- Increase experiences of positive emotions, thoughts, behaviours.
- Increase & improve your clarity, focus, attention span, accuracy, creativity, learning, decision making and communication skills.
- Understand proven strategies for lowering reactivity in the face of emotional triggers.
- Learn a simple, real-time technique for reducing the frequency, intensity, and duration of emotional triggers.
- Leave with a toolkit of practices that serve to fuel and maintain resilience in the face of constant stressors.

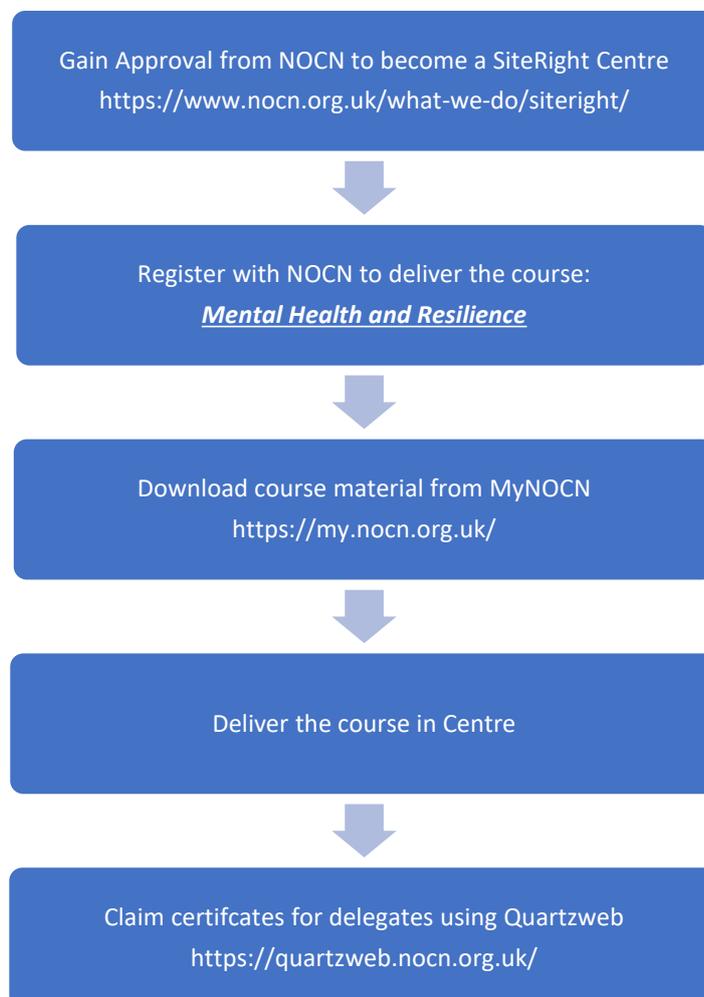
Course Approval

Prior to advertising or delivering this Assured Course, organisations must first gain Centre Approval from NOCN as well as gaining approval for each individual SiteRight Assured Course.

To be approved to deliver this course, Mental Health and Resilience, the organisation must have a course tutor/trainer/assessor who has completed the associated train the trainer course within the last 3 years and hold a valid certificate. The certificate for the train-the-trainer course is valid for 3 years. For more information about the train-the-trainer course contact Vector Equilibrium (email: hello@v-eq.com telephone: 020 3793 5065).

For further information regarding gaining approval, please contact the NOCN On Boarding Team: OnBoarding@nocn.org.uk

Approval, Readiness, Deliver and Certification Process



Trainer Requirements

A trainer is required to deliver this course. A trainer includes anyone within your Centre who is facilitating the training to learners in any environment e.g. tutor, trainer, teacher, coach, facilitator. That individual can also perform the role of Assessor for this course.

All trainers and assessors must:

- Hold verifiable knowledge of the occupational standards at or above the level being taught.
- Hold or be working towards a recognised teaching/training or assessor qualification (dependent on their role), examples of what NOCN will accept are detailed within the Quality Assurance Manual.
- Keep up to date with industry best practice for the duration of their role.
- Maintain a record of Continuous Personal Development (CPD).
- Hold an up to date CV.
- Complete a 1-day train-the-trainer course where you will benefit from experiencing the workshop as well as being provided training on how to deliver specific elements, in addition to gaining knowledge and understanding of the technology that's utilised to show a stress response in real-time.

Please refer to the SiteRight Assured Course Quality Manual, available on the NOCN website for further tutor requirements.

Resource and Equipment Requirements

In order to deliver the course, the Centre must have access to and make use of the following resources and equipment:

Requirement	Detail
Training Environment	<ul style="list-style-type: none"> • Classroom based learning environment / Can also be delivered as a virtual workshop by substituting the technology demonstration with a video and the personal values exercise with an online values exercise.
Tools/Equipment	<ul style="list-style-type: none"> • EmWave Pro x 1, Personal Value cards x no. of delegates, white board, pens
Personal Protective Equipment (minimum)	<ul style="list-style-type: none"> • N/a
Delivery	<ul style="list-style-type: none"> • PowerPoint presentation (including associated videos)
Testing	<ul style="list-style-type: none"> • For a learner to obtain certification for this course they must engage in group discussions and actively complete and share their individual course learning.

Course Delivery

The course must consist of a minimum of 8 delegates and a maximum of 14 delegates, unless pre-agreement is gained from NOCN. The course will be delivered over a half day period (3.5-hours in total which includes 30-minute break).



The course is both theory-based, delivered via a presentation, and practical, delivered in the classroom learning environment.

The NOCN assured training resources must be used to deliver the training. To ensure that the most up-to-date material is being used centres must download the material from MyNOCN each time, prior to delivery of a course. All surplus training material must be destroyed after each occasion that a course has been run.

The structure of the training is provided by the course PowerPoint, tutor notes and a lesson plan with timings highlighted. Trainers are expected to use these resources to guarantee that delegates are witness to the total information required to successfully complete this course.

Assessment

For a learner to obtain certification for this course they must engage in group discussions and actively complete and share their individual course learning.

Certification is then completed by the tutor once the delegates have completed the course.

Certification for this course is valid for 3-years from the date of training. To remain certified in this area, delegates will need to retake the course again before the certificate expires.

Quality Assurance

The Quality Assurance requirements of SiteRight Assured Course delivery can be found within the SiteRight Assured Course Quality Manual, available on the NOCN website.

To ensure Quality Assurance, representatives of NOCN or Vector Equilibrium Limited can observe the delivery of the course by the SiteRight Assured Centre and/or trainer provided that 1-weeks written notice is given.

Additional Information Required by NOCN:

Course Resources / Teaching Materials	
Presentation	
Scheme of Work / Lesson Plans	
Company Logo	
Any Special Requirements	



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