

Improving Wellbeing in the Workplace

We know that better mental health for our workers stems from promoting a positive cultural change within our industry. So whether you're a site operative, project manager or office based professional, there really is something to suit everyone. What's more, the vast majority of our training is free for everyone!

SUITABLE FOR

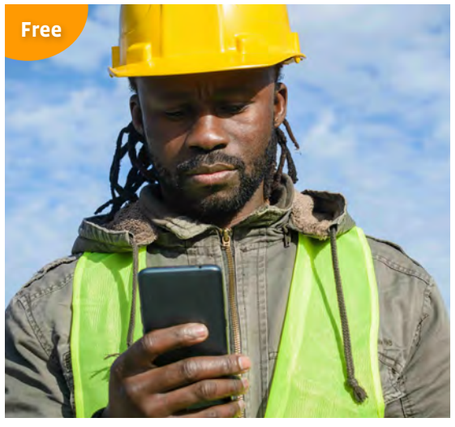

Site Operatives & Trades


Managers


Senior Executives

Self-paced eLearning

Develop your understanding of wellbeing and gain new knowledge and skills across various topics to empower your own emotional, physical and financial wellbeing – as well as those around you.





Bronze, Silver & Gold Awards

Cost: Free
Timing & Delivery: Online self-paced eLearning

Topics:
- Banter vs Bullying
- Building resilience
- Improving relationships
- Managing stress
- Mindfulness
- Neurodiversity
- Resolving conflict
- Self care
- Taking control: drugs and alcohol
- Understanding anxiety
- Work-life balance
- Bang on budget
- Borrowing
- Controlling credit
- Tackling debt

Wellbeing Exclusives

These individual courses are designed to create a holistic approach to employee wellbeing, and a supportive, balanced and healthy work environment.



Menopause (General Awareness)
This 1 hour course will explore what the menopause is, signs and symptoms, statistics, treatments and what you can do to support someone experiencing menopause from a workplace perspective.

Cost: Free for everyone
Delivery: Online tutor-led course
Suitable for: Everyone working in construction



Menopause (Management & Leadership)
This 2 hour course is exclusively for managers and leaders to gain a further understanding of menopause and give them the tools to support colleagues going through the menopause and help reduce any barriers that could be present.

Cost: Free for everyone
Delivery: Online tutor-led course (2 hours)
Suitable for: Everyone working in construction



Managing Mental Health in the Workplace
This course will discuss the six stages of best practice and information on different types of mental health and wellbeing issues. There will be scenario planning and group discussions to help build confidence and deliver wellbeing support in the most appropriate way. **CPD Approved**

Cost: £100 (Free for Company Supporters)
Delivery: Online tutor-led course (6 hours)
Suitable for: Organisations wishing to train managers
Bespoke company training available



Suicide Awareness
This course will enhance your understanding of the common reasons for suicide and how to spot the signs of suicidal thoughts and behaviour. It will also equip you with skills to approach and talk to someone at risk, and how to safety and signpost them to appropriate help. **CPD Approved**

Cost: Free for everyone
Delivery: Online tutor-led course (2.5 hours)
Suitable for: Everyone working in construction
Bespoke company training available



Taking Control: Drugs & Alcohol
This course will explore the physical and mental effects of drugs and alcohol, the importance of regular employee testing for organisations, and the consequences of a positive test on both work and home life. **CPD Approved**

Cost: Free for everyone
Delivery: Online tutor-led course (1 hour)
Suitable for: Everyone working in construction



Wellbeing Wednesday
These weekly 15-minute sessions will give you an opportunity to pause and reset with guided meditation. Take 15 minutes out of your day to allow yourself to settle, then move into a guided breathing exercise and a few moments of calming meditation.

Cost: Free for everyone
Delivery: Online tutor-led sessions (15 minutes every Wednesday)
Suitable for: Everyone working in construction



Start Meditating
This 4-week introductory course gives you the tools to incorporate a short meditation practice into your daily life. Learn about the benefits of meditation and delve into different aspects of breath, body and mindful awareness techniques. No meditation experience is required.

Cost: Free for everyone
Delivery: Online tutor-led sessions (1 hour every week, for 4 weeks)
Suitable for: Everyone working in construction

MHFA Accredited Mental Health First Aid Courses

These courses will provide a comprehensive approach to mental health and equip you with tools to recognise and address mental health issues professionally.



Mental Health Awareness

This course will give you a basic knowledge of mental health issues, signs, symptoms and how to open the conversation with someone in distress or experiencing mental health issues. **MHFA Accredited**

Cost: £75 (Free for Company Supporters)
Delivery: Online tutor-led course (4 hours)
Suitable for: Everyone working in construction
Bespoke company training available



Mental Health First Aider

This 2-day course will qualify you as a Mental Health First Aider, giving you an in-depth understanding of mental health and wellbeing. Learn practical skills to spot the triggers and signs of poor mental health and build the confidence to step in and signpost them to appropriate help. **MHFA Accredited**

Cost: £150 (Free for Company Supporters)
Delivery: Online tutor-led course (4 live sessions over 2 consecutive days)
Suitable for: Everyone working in construction
Bespoke company training available



Mental Health First Aider Refresher

This 4-hour MHFA Refresher course is designed exclusively for those who have completed an Adult Mental Health First Aider course. It will enable you to stay current on mental health support, update your knowledge and practice applying the Mental Health First Aid action plan. **MHFA Accredited**

We recommend MHFA Refresher training every 3 years

Cost: £75 (Free for Company Supporters)
Delivery: Online tutor-led course (4 hours)
Suitable for: Exclusively for those who have completed an MHFA Champion, Armed Forces or Mental Health First Aider Course
Bespoke company training available

MHFA Wellbeing Support



Wellbeing for Mental Health First Aiders

This 6-week course will empower Mental Health First Aiders to take an active role in maintaining and restoring their own health. Introduce mind-body practices so that you can reduce stress and anxiety, increase resilience and mitigate risks of burnout.

Cost: Free for everyone
Delivery: Online tutor-led sessions (1 hour every week, for 6 weeks)
Suitable for: Mental Health First Aiders



Wellbeing Champions and Support Log

Our industry has over 12,000 voluntary Wellbeing Champions and Mental Health First Aiders who deliver vital daily support. It is essential that we support those that bear the emotional weight of our workforce by understand the issues being raised, monitoring their own mental health challenges and ensuring access to further expert support if needed.

Cost: Free
Delivery: Online registration and logging system

Please note: The individual you are supporting will remain completely anonymous on the system.

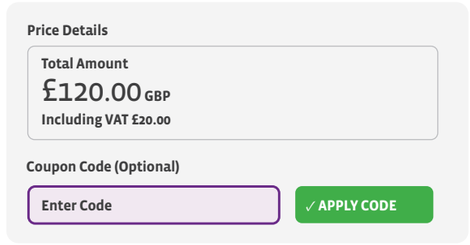
Coming soon: Senior Leadership Training

Upcoming courses include:

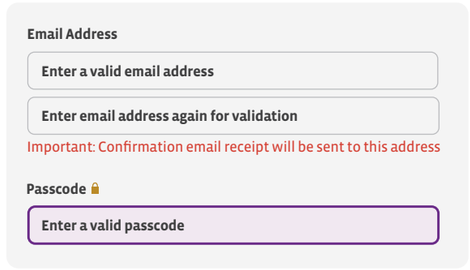
- Mental health and its impact on the workplace
- Encouraging personal responsibility
- Kindness and wellbeing
- Managing relationships in the workplace
- Workforce financial stability

How to book a course

1. Choose a course
2. Complete all delegate details, including full name, email address, contact number, and postal address
3. If your company supports Lighthouse Charity and has been provided a unique training code from your Regional Ambassador, enter it in the 'Coupon Code' section to waive the course fee

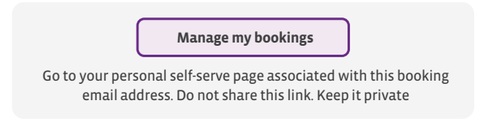


4. If a course is set up exclusively for your company, enter the passcode in the box with a padlock symbol which can be found below the email address field

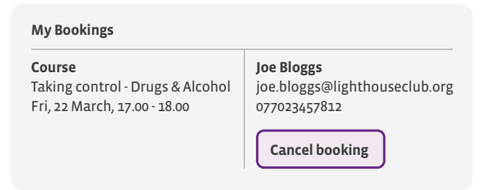


How to cancel a booking

1. To cancel your place on a course, please refer to your booking confirmation email and select 'Manage my bookings'



2. You will then be taken to a screen and asked to enter your email address, select 'next'
3. The 'My bookings' page will then be displayed. Choose the relevant course and select 'Cancel booking'



Bespoke Training

If you would like to enquire about bespoke training or have any questions, please contact training@lighthouseclub.org

Please note: Delegates must be registered on the system for both virtual and onsite courses.

