




Living made
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Health & Wellbeing Courses

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“The course has helped me to see what symptoms might be related to trauma, how trauma can manifest itself and how I can apply this to my role in terms of where I signpost for support and support offered.”

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About our training

For more than two decades, Living Made Easy has been providing Continuous Professional Development (CPD) courses delivered by expert trainers who have skills, knowledge and experience in their chosen field. As a founding member of the Trusted Assessor framework, Living Made Easy is a leading industry expert in training professionals. We offer a range of accredited courses regulated by OCN and CPD.

Our courses are designed to facilitate the delivery of quality, person-centred care within the framework of best practices. Specialising in practical, hands-on training scenarios that incorporate a broad range of equipment to support personalised, independent living. We have provided training to a wide range of organisations from health practitioners to local authorities to retailers. Our training offer is suitable for all types of organisations and their employees.

Delivered online, face-to-face or as a blended approach to best suit your needs.

Reflective practice

Alongside our training courses we also offer commercial reflective practice to organisations. This is delivered by our team of highly skilled clinical practitioners and supports attendees in using reflection to capture new knowledge after a project, situation or task. Reflective practice allows staff to continuously learn and improve and build reflection into workflow. Through training in reflective practice, it allows development in practice, understanding self, how to adapt and finally to be more aware of personal wellbeing. Prices and further information are available upon request.



Training Courses



Mental Health First Aid to Support Adults

This CPD accredited course provides a different option for those wanting to increase their awareness around mental health in adults.

The course covers:

- What mental health is and the differences between poor and ill mental health.
- The wellbeing continuum.
- How to identify risk and protective factors around mental health.
- Understanding the impact of stigma and discrimination
- Signs and symptoms of mental ill health and common mental health disorders.
- How to support people with poor mental health and managing your own wellbeing when supporting others.

Duration: One day.

Group booking size max: 16

Individual places: Yes

Delivery method: Online or face-to-face.



Mental Health First Aid to Support Young People

This CPD accredited course provides a different option for those wanting to increase their awareness around mental health in young people.

The course covers:

- The differences between mental health and mental wellbeing.
- Identifying risk factors linked to mental ill health.
- Supporting young people with poor mental health.
- Being able to manage your own wellbeing when supporting others

Duration: One day.

Group booking size max: 16

Individual places: Yes

Delivery method: Online or face-to-face.



Mental Health Refresher

It is recommended that once trained as a Mental Health First Aid, training should be refreshed every three years.

The course covers:

- Keep your awareness of mental health support current.
- Update your knowledge of mental health and what can impact on mental health.
- Practice applying the skills required to be a mental health first aider.

Duration: Half a day.

Group booking size max: 16

Individual places: Yes

Delivery method: Online only.



Level 2 Award in Peer mentoring

The OCNLR level two award in peer mentoring has been developed for learners who will act as peer mentors, giving support to other individuals to enable them to make changes in their lives or workplace. The qualifications provide an understanding of the peer mentoring process and the key skills used in peer mentoring.

Learners will attend a webinar, where an assessor will carry out a remote observation and provide feedback to two mentees. Learners will then provide reflection on their role, solidifying the learning. Finally, learners are required to complete two workbooks to confirm their knowledge and understanding.

On completion of the course, learners will receive a level two award in peer mentoring which is regulated and accredited by OCN.

The course covers:

- Understanding Peer Mentoring.
- Peer Mentoring Skills.

Duration: Three – Six months.

Group booking size max: 12

Individual places: Yes

Delivery method: Online only.





Disability Essentials

This course supports delegates to understand the needs and rights of disabled people, to tackle social barriers, and to ensure they can support disabled colleagues and customers effectively. We explore our perspectives on disability, before examining how different ‘models’ of disability may have influenced our thinking.

Delegates will learn how to apply positive disability etiquette in order to support, and advocate for individuals with a range of impairments. The course will invite us to challenge outdated ideas and attitudes, to arrive at a conception of ‘disability’ that aligns with your business’ values, and those that are personally salient to delegates.

Duration: Three hours.

Group booking size max: 16

Individual places: Yes

Delivery method: Online or face-to-face.



Unconscious Bias

This course defines unconscious bias, investigates what causes it, how to recognise it, and what to do about it. The session is highly collaborative, and delegates will learn as much from the sharing of personal experiences as from the taught content. The material pays particular attention to the disproportionate, adverse effects of UB on disabled people, and how we can address this in line with your organisation’s vision and values.

Delegates will leave the workshop with the ability and confidence to apply what they have learned, to combat unconscious bias and create a fairer, more inclusive environment. They will be aware of their biases, where they come from, and the personal strengths they can draw upon to challenge them.

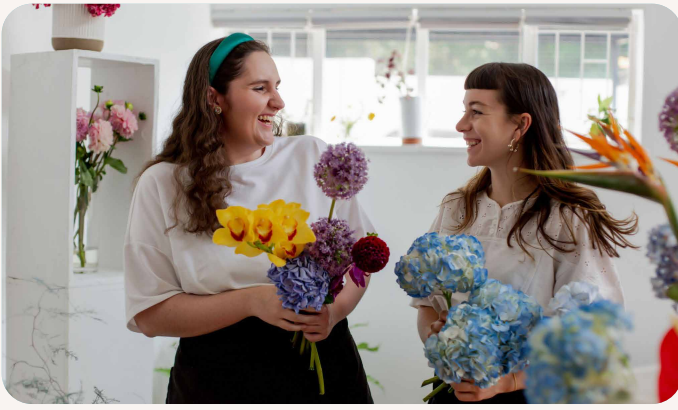
Duration: Three hours.

Group booking size max: 16

Individual places: Yes

Delivery method: Online or face-to-face.

“Great session, very insightful and I loved that there were practical tools we had time to use in the context of our personal experience and being able to discuss them in a group.”



Neurodiversity

This CPD accredited course will provide extensive knowledge on neurodiversity and conditions common in neurodivergent people. It looks at the benefits of disclosing neurodiversity in the workplace and provides an overview of tools that can be used to support.

The course covers:

- Learning what neurodiversity is.
- Common neurodivergent conditions and how they can present.
- Relevant legislation.
- The benefits of disclosing neurodiverse conditions.
- Tools to support neurodiversity.

Duration: 5 hours.

Group booking size max: 16

Individual places: Yes

Delivery method: Online or face-to-face.



Resilience Training for Staff

At work, we can come up against numerous challenges, many of which can leave us feeling overwhelmed. Having a high level of resilience enables us to thrive in the face of stressful situations at work, and in life in general.

The course covers:

- An idea of what contributes to becoming resilient.
- An understanding of what practical steps you can take to build your personal resilience such as self-management tools or techniques.
- Knowledge of how to spot warning signs in yourself and others and potential resources you can access.

Duration: Three hours.

Group booking size max: 16

Individual places: Yes

Delivery method: Online only.



Resilience Training for Managers

This is designed to enable managers to support both themselves and their staff with resilience in everyday life.

The course covers:

- The meaning of resilience.
 - Circumstances that can impact on resilience.
 - The seven skills of resilience.
 - Your personal journey and how you are.
 - Better management of staff wellbeing.
 - Recognising the signs and symptoms.
 - Contributing to building a healthy workplace.
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Duration: Three hours.

Group booking size max: 16

Individual places: Yes

Delivery method: Online only.



Boost Your Confidence for Adults

Boost your confidence for adults is designed to support individuals with building confidence in situations they find difficult. It explores feelings that may be experienced and provides tools to empower those attending to overcome some of their barriers. CPD Accredited.

The course covers:

- Understanding what confidence is and what can impact upon it.
 - Empowering those attending to think about the impact low confidence has.
 - Tools and techniques to help improve confidence in a range of situations.
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Duration: Five hours.

Group booking size max: 8

Individual places: No

Delivery method: Online or face to face.



Boost Your Confidence for Young Adults

This CPD accredited course has been developed specifically for young adults who may struggle with confidence. Especially when it comes to talking to people on the phone, booking appointments and attending interviews. The course empowers young adults to apply the GROW model to help break down barriers and prepares them for situations that might make them feel uncomfortable.

Duration: Three hours.

Group booking size max: 8

Individual places: No

Delivery method: Face-to-face.



Trauma Informed Care

The training is relevant to many sectors and educates anyone working with children, young people and adults. This CPD accredited course improves frontline care which supports attendees in recognising and understanding the signs of someone who has experienced trauma.

The course covers:

- The characteristics and prevalence rates of trauma.
 - Long-term physical and mental health impacts of trauma.
 - The principles of Trauma Informed Care.
 - The variety of ways to apply Trauma Informed Care in practice.
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Duration: Six hours.

Group booking size max: 16

Individual places: Yes

Delivery method: Online or face-to-face.

What our customers say about us:

“This course has opened many doors for me in my career as a Reablement Assessor. Taking part has given me confidence to support individuals that need adaptations so they can live independently in their own home, feeling safe and comfortable. I am proud that my job allows me to make a difference to their lives. The tutor was very professional, understood my frustration when stuck and guided me to find the correct answer. I appreciate it very much.”

“The resilience training helped me to recognise factors that influence my personal resilience, and I am aware of the areas that I need to improve on to help towards my wellbeing.”

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Scan the QR code to visit our website for more details on our training courses and packages and details on how to book.

If you would like to discuss bespoke training packages, then contact us directly for more information.

Email: training@livingmadeeasy.org

Phone: 0300 123 3084

Website: shawtrust.org.uk/training

