



1/2 DAY COURSE



£700 (+ VAT) 8-12 DELEGATES

# MANAGERS' MENTAL HEALTH AWARENESS WORKSHOP

This course qualifies participants as Mental Health Aware by giving an understanding of what mental health is and ways in which they can challenge the stigmas associated with mental health. Participants will learn the basics of some common mental health issues, and receive an introduction to opening conversations. Participants will leave confident in how to support someone in a state of distress.

- What is mental health
- The case for looking after mental health at work
- Mental health in hospitality
- The role of the manager
- The impacts of stress and how to tackle it
- Common mental health problems: stress and burn out, anxiety and depression
- How do I talk to someone about their mental health?
- Self care tips
- Resources

*"The training was comprehensive and provided our Managers with the skills they need to improve company cultures focused on wellbeing"*

**MALMAISON & HOTEL  
DU VIN**



**Want to learn more?**

[WWW.THEBURNTCHEFPROJECT.COM](http://WWW.THEBURNTCHEFPROJECT.COM)  
[INFO@THEBURNTCHEFPROJECT.CO](mailto:INFO@THEBURNTCHEFPROJECT.CO)





2 DAY

1 DAY

1/2 HALF DAY (2023 Refresher)



£325 pp (+ VAT)

£200 pp (+ VAT)

£150 pp (+ VAT)

## MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

### ONE DAY COURSE:

- Recognise the main signs and symptoms of common mental health issues
- Provide initial support
- Guide a person towards appropriate professional help
- Be mindful of your own wellbeing
- Develop an understanding of how you can create and maintain a healthier workforce or community

### TWO DAY COURSE:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to appropriate support

*"You gave me the tools and confidence to help a member of my team with their mental health today, that was invaluable"*

**MHFA 2 DAY TRAINING ATTENDEE**



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MHFA England



THE BURNT CHEF  
PROJECT



 12 Months

 Level 4

# BURNT CHEF MENTAL HEALTH AND LEADERSHIP DIPLOMA

This training focuses on developing leaders who are dedicated in creating safe team environments. This is a unique and combined programme- Mental Health and Culture Change, that marries leadership skills and evidence- based industry best practice in Mental Well-being. This training can be funded by the Pay Apprenticeship Levy.

## MODULES INCLUDE:

- Personal effectiveness
- Strategic thinking – ops planning
- Finance budgets P&I
- Problem-solving and decision making
- Managing teams – motivation, delegation, performance management
- Driving change – communication of change, managing resistance
- Dealing with challenging situations- conflict, assertiveness, resilience



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1/2 DAY COURSE



£700 (+ VAT) 8-12 DELEGATES

## MANAGING MENTAL HEALTH IN THE WORKPLACE

The aim of the session is to give participants a better level of understanding when it comes to effectively managing mental health within the workplace. The course will cover:

- Good practice in recruitment
- Early intervention: spotting the signs of stress and poor mental health
- Encouraging people to talk about mental health and stay well and in work
- Supporting people to return to work
- Managing performance
- **Prevention:** helping people to stay well and manage stress wider workplace well-being developments
- **Employer of choice:** mental health policy guidelines



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1.5 HOUR COURSE



£500 (+ VAT) 8-16 DELEGATES

## AN INTRODUCTION TO FINANCIAL HEALTH

New to the Burnt Chef Project training portfolio. The Introduction to Financial Health module aims to give participants a better understanding of personal finances including:

- Understanding the basics of budgeting
- Creating our own budget plan
- How to identify and start tackling personal debt
- Exploring multiple ways in which we can start saving money
- Understanding the concept of investments and how to start with a small amount of funds



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