



SERVICES OFFERED

MENTAL HEALTH TRAINING & WORKSHOPS

We are specialists in niche bespoke training.
We do not offer TICK-BOX training or a 1 size fits all approach.
We understand Mental Health
Because we have been there!

COACHING

We also provide individual coaching. Evidence-backed, effective coaching solutions giving employees opportunity to have solution-focused conversations re: MENTAL Health & well-being
We can also provide nutritional advice

PHYSICAL 1ST AID

With our associate network, we can provide
Baby & toddler 1st aid
Basic life support (adults & children)
No-Nonsense Family First Aid
Emergency first aid at work
And more!

CARE CERTIFICATE TRAINING

If you are a care home manager/owner, we can advise and provide mandatory training for the care certificate. All subjects. Virtual or face to face. Very cost effective and certificated.

OCCUPATIONAL HEALTH & COVID ASSESSMENTS

Risk assessments.
Individual Covid-19 Vulnerability Assessments
Full Biopsychosocial assessments
Pre-assessment for MHFA 1st aiders and instructors.

WE CAN HELP ENSURE YOU ARE LEGALLY COMPLAINT

FREE ONGOING ACCESS TO OUR RESOURCE CENTRE

We offer "after-care" with complimentary access to our resource centre, including factsheets on a wide range of mental health/wellbeing
Group & individual exercises Well-being tools
And much more!

