



**HEALTHY MINDS**  
in your workplace

## Peter Christison & Associates Workplace Health Consultancy and Training

Promoting *healthy minds in the workplace at organisational  
Managerial and employee levels*

**Training:** *Mental health subjects, stress, resilience, and health promotion*

**Retaining and returning** *the workforce suffering adverse stress  
or mental ill health in the workplace,*

**UK wide:** *Training Workshops, Seminars, Strategies & Projects  
Case Management Service, Assessments, Protocols, Policies*

*Author of 'Healthy Minds in the workplace' toolkit and training programme.*

### **Fact sheet 4 Protecting your health in the Credit Crunch** (Part of the 'Healthy Minds in Your Workplace' series)

*"Now is precisely the time to keep investing the skills and talents of our people. It is the people we employ who will get us through. When Markets are shrinking and order books are falling, it is their commitment, productivity and ability to add value that will keep us competitive"*

**Sir Stuart Rose Marks and Spencer PLC, Sir Mike Rake BT, Richard Lambert CBI,  
Brendan Barber TUC (November 2008)**

#### **Content of this fact sheet:**

- ✚ **Background and what is different about this course?**
- ✚ **Topics covered with detailed content topic list**
- ✚ **Named testimonials from evaluations**

The pressure of the recession has a crucial impact on the well being of a workforce, in and out of the workplace. The need to enhance the promotion of well being and prevention of ill health, see Foresight 'Mental Capital and Well Being' October 2008, is a vital part of an organisations armoury to remain well.

Giving individuals and organisations these skills can support the survival of organisation in such tough challenging economic times, and enable employees to avoid the pitfalls of presenteeism and sickness absence.

Presenteeism, 'reduced productivity and performance from an employee/Manager unable to work to full capacity due to ill health' accounts for 1.5 times more working time lost and costs to employers than absenteeism.

We are workplace health experts and have designed a low cost **practice based**, no theory, flexible workshop s, or training day, giving individuals a wide range of skills to maintain their well- being to remain working in your organisation in such difficult times.

We provide strategies and practical inter linking approaches that can be learnt to ameliorate the possibility of severe adverse stress, and anxiety leading to possible mental illness or even risk of suicide.

- ✚ For all types of organisation in the public, business and voluntary sectors
- ✚ For everyone including Managing Directors
- ✚ Works 24/7
- ✚ 2 +hours or 0.5 day/1 day depending on content required
- ✚ Can be purchased by up to 3 businesses together\*

The inter- active learning can be:

- ✚ 2+ hour workshops for employees
- ✚ 0.5 or 1 day training for: Managing Directors, Directors, Managers\* and employees
- ✚ Group size ideally no more than 12, for maximum learning or 16 in each case

### **What is different about this course?**

There is a vast range of 'well being' techniques publicised to support people's health. This robust well evaluated self- help course utilises the following learned self- help techniques:

- ✚ CBT style thinking techniques used on an ongoing day to day basis
- ✚ Using self –discussion techniques that become part of day to day existence
- ✚ Behavioural change techniques
- ✚ Modern stress management methods
- ✚ Up to date physical health promotion advice
- ✚ Ongoing Self assessment and evaluation of progress
- ✚ Sign posting to other services by us where necessary

**Topics that can be covered** depending on which ' time based' package you choose :

- ✚ Challenging negative thinking and worrying- using CBT style techniques, day to day
- ✚ Learning the art of and using self-discussion
- ✚ Your own reward system and implementation
- ✚ The 'Daily Unwind' a practical step by step system for you and your partner or friends; the do's and don'ts
- ✚ Sleep and overcoming problems
- ✚ I control time!
- ✚ Visualisation exercises - in spoken word (also CD for sale)
- ✚ Relaxation exercises including neck and shoulder tension release
- ✚ Managing Conflict and complaining 24/7 analysis and practical ideas
- ✚ Taking effective breaks
- ✚ What am I thinking when I travel to and from work?
- ✚ The importance of Exercise with ideas of types, dealing with demotivation!
- ✚ Over view of food and drink – includes impact of alcohol and caffeine advice
- ✚ Learning your own signs and symptoms of adverse stress and depression
- ✚ Anticipating stressful situations and managing them
- ✚ Tips for Lone Workers
- ✚ Evaluating what works for you ,and tracking your progress

### **And .... 'Protecting Colleagues' health topics:**

- ✚ Awareness skills of colleagues becoming unwell
- ✚ Communication skills for working with colleagues who are or are becoming unwell
- ✚ Supporting a colleague who is suicidal:  
Basics in: what to say what, not to say, what to do and not to do
- ✚ Overview of well being and stigma

### **And )....for organisations:**

- ✚ Communicating our anti stigma model in your workplace
- ✚ Creating enhanced awareness of un wellness in your workforce
- ✚ Encouraging workforce openness about un wellness and possible risk of suicide

**What some delegates said who attended these two types of sessions  
in October 2008 and January 2009**

*'This is an excellent course and the trainer involved everyone without being pushy. The effective breaks session will be useful to nurture others to use'* **Keith Allen Health and Safety advisor Surrey Probation Service**  
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*'I enjoyed the practical recommendations and how it applies to me, interesting, pacey, and supportive course'* **Carole Thompson HR advisor Surrey Probation Service**

*'Very useful and provided info and techniques I wouldn't otherwise know'* **Faith Jones Case Administrator Surrey Probation Service**

*'Thought-provoking and certainly of benefit to anyone in full time work'* **Sam Fuller Environment Officer Environment Agency East Anglia**

*'The trainer was able to address any issues'* **Angela Jefferies Surrey Probation Service**

*'Excellent coverage in 2 hours, trainer was very interactive'* **Frank Saunders Environment Manager Environment Agency East Anglia**

### **Abridged Biography of the trainer**

**Peter Christison** has worked for over 20 years in the business sector, 10 years in the public and voluntary sectors and has gained over 18 years experience delivering and designing training to all these sectors.

He has worked in the mental health field for over 18 years, and was a Mental Health Promotion Specialist in the NHS for 4 years where he researched and wrote 'Healthy Minds in your Workplace' toolkit and training Programme. The toolkit was used by one of the HSE pilot sites for the development of the HSE Stress Management Standards. The majority of this programme was used for the £5.8 Million 'Healthy Minds at work' project throughout Wales in 2004-07.

He has written articles published about promoting workplace mental health in national journals including: the Health Service Journal (HSJ) and 'The Professional Manager' the magazine of the Chartered Management Institute.

He offers a job retention case management service in Sussex, Hampshire, Surrey and parts of London. Peter also provides training in some mental health subjects.

For further information of availability, terms and conditions contact Peter Christison in confidence . Phone (01903) 742434 or E-mail: [info@healthymindsinyourworkplace.com](mailto:info@healthymindsinyourworkplace.com)

### **Some of our other training fact sheets of services and training available in the 'Healthy Minds in your Workplace' series: full list in the guide**

#### **We also have training fact sheets in 'Mental Health and Behaviour' Series**

- ✚ Our health consultancy services and training guide
- ✚ Mental health awareness 0.5 day training for line managers TFS 1
- ✚ Resilience skills and managing complex behaving customers : TFS 2
- ✚ Job retention 2 day training
- ✚ Job retention & Case management service ( Stress and mental ill health only): TFS 8
- ✚ Health and safety training and consultancy : TFS 9
- ✚ Workplace bullying and harassment training for all the workforce TFS 10
- ✚ Understanding and managing alcohol and substance abuse in the workplace TFS 13
- ✚ Taking effective breaks TFS 14
- ✚ ©Peter Christison and associates 2008

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**Download our PDF 'Our health consultancy services and training guide'**

**from our website or available on request**

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