



Peter Christison & Associates Health Consultancy and Training

*Established since 1995
In Workplace Health & Mental Health*



List of our training courses & Consultancy Services (7 pages)

We have pleasure listing our first class training courses and consultancy services below. For full information you can download fact sheets on all of these from our website, just click on the course, or on request. In the case of all 'in house' courses commissioned by an employer, courses can also be bespoke to meet your specific needs. This is not a definitive list. *If you have a training requirement that cannot be matched from this list, we can provide our research and design service to produce your chosen course.* We can provide certificates of attendance for delegates subject to an extra charge.

Notes about fees We do **NOT charge VAT**- Our Associates are self employed. All 'Open Courses' fees vary subject to the region of training; those *quoted are for London based training*, so maybe less expensive if held in other regions. Fees quoted for 'In House' **can be negotiable** dependent on the amount of training commissioned. **10% discount to NHS and public/voluntary sectors on 2 days + work.** Fees quoted for 'In House' courses are based on our 'early bird' payment discount within 21 days of invoice. **OA=** On Application.

Workplace health

Course title	Duration	In house	Fees	Open Course	Fees Per P	Where available
Healthy Stress in Your workplace	0.5 or 1 day	Yes	0.5 day £400.00 1 day -OA	No		UK

Healthy well being in your workplace	1 day	Yes	£595.00	TBA		UK
Healthy Minds & Management in your workplace	1 day	Yes	£650.00	No		UK
Well – being & Stress Management	1 day	Yes	£595.00	Yes	£140.00	UK& open London
Well being & stress management for Managers	1 day or 2 days	Yes	£625.00 or £1175.00	Yes	£150.00	UK & open London
Mental health for Managers	0.5 or 1 day	Yes	£395.00 or £625.00	Yes	£150.00	UK & open in London
Mental health Job Retention and Case management	2 days (1 day possible)	Yes	£575.00 per day per trainer	No		UK
Enhance well-being with Nutrition	0.5 or 1 day	Yes	£350.00 or £495.00	Yes	£85.00 (0.5) or £140.00	UK & open In London
Applying Counselling skills to the workplace (For interpersonal challenges in clients or staff)	1 or 2 days	Yes	£575.00 or £1050	No		UK
Managing distressed/suicidal customers & resilience skills for 'Call centre staff ' (or in similar environment)	0-5 or 1 day	Yes	£375.00 or £595.00	TBA		UK
Equality & Diversity	1 day	Yes	OA	No		UK

Mental Health & Behaviour

Course title	Duration	In House	Fees	Open Course	Fees Per P	Where available
Essential Mental Health (Mental Health Awareness)	1 day	Yes	£575.00	Yes	£115.00	UK & open in
Self-harm and Suicide Awareness and Prevention	1 - 2 day(s)	Yes	£595.00 per day	Yes	£135.00	UK & open in London
Suicide Awareness and prevention (also optional risk assessment training)	1 or 2 day(s)	Yes	£595.00 per day	No		UK
'Getting it Right' Reporting Mental ill health & Suicide for Journalists	0.5 or 1 day	Yes	£375/£530.00	TBA	OA	UK & open TBA
Understanding and working with those who have panic attacks	0.5 day	Yes	£ 350 Subject to UK location	No		UK

Health and Safety

Course title	Duration	In House	Fees	Open	Fees Per P	Where available
General fact sheet on Health & Safety , emergency planning training topics and consultancy available	Various	See	Fact	sheet		

Fire safety awareness	1 hour 30 minutes	Yes	£225.00	TBA		OA
Manual handling	3 Hours	Yes	£325.00	TBA		OA
Managing Contractors Safety	2.5 hours	Yes	£300.00	TBA		OA
Work at Height-Ladder Safety – 2 courses	2 or 3 hours	Yes	£250/350.00	TBA		OA
Risk Assessment	1 day	Yes	£600.00	Yes		OA
Legal update on H&S for Managers	3 hours	Yes	£335.00	TBA		OA
Intro COSHH for Managers	2 hours	Yes	£300.00	TBA		OA
Asbestos Awareness	2 hours	Yes	£250.00	TBA		OA

Management & Personal Development Skills

Course title	Duration	In house	Fees	Open	Fees Per P	Where available
Effective Management	1 day	Yes	£495.00	Yes	Region £65.00 (£130 London)	Sussex Hants Kent & London
Presentation Skills	1 day	Yes	£495.00	Yes	Region £65.00 (£130 London)	Sussex Hants Kent & London
					£45.00	Sussex

Coaching skills	0.5 day	Yes	£350,00	Yes	or £85.00 London	Surrey Hants London
Applying Counselling skills to the workplace (For interpersonal challenges in clients or staff) Ideal for HR/Managers	1 or 2 days	Yes	£575.00 or £1050	No		UK

Psychological & other therapies

Course title	Session duration	Fees per session	Where available
Health coaching- mental well being & stress management (Telephone or webcam/Skype)	45 minutes	£20.00 and remote working rate per hour	UK Wide
Health coaching- mental well being & stress management (Face to face)	45 minutes	£45.00 plus travelling & £20.00 remote working rate per hour	Sussex/Surrey/ Hants/ London
Meditation 7 Mindfulness – face to face, webcam/Skype	OA	OA	UK wide
Emotional Freedom Therapy –EFT (Telephone, Skype/ webcam and face to face)	1 hour or 1 hour 30 minutes	£40.00 per hour or £65.00 up to 2 hours	Tel- UK or Face to face: Sussex, Surrey, London
Art therapy	OA For children, older persons with Dementia, and for self-harm, or brain injury		Sussex, Surrey Hampshire & London
			Sussex, Surrey,

Art communication with Children and older persons with Dementia	OA		Hampshire & London
CBT & Counselling- also see training	TBA		

Consultancy Services

Workplace health

Service title	Fees	Remote working fees	Where available
Job Retention	£60.00 per hour plus expenses	£35.00 per hour	OA
Stress risk Assessment –workplace on site	OA	OA	UK
Stress or mental health policy	OA	£95.00 plus expenses	UK
Call centre (and similar environment) assessment and protocol design for handling distressing/suicidal and or distressed customers	OA and free with 2 days training		UK
Stress risk or psycho social assessment- by telephone or webcam/Skype	£25.00 per hour plus expenses	£20.00 per hour plus expenses	UK wide
Consultancy to well being or Job Retention Strategy writing or Projects	OA	OA	UK
Evaluation of workplace health projects or services	OA	OA	UK

Mental health & behaviour

Mental health, or self-harm or suicide policy writing	OA	£95.00 plus expenses	Clients based in UK
Art Therapy	For those who self-harm & other client groups; older persons with Dementia & Children	OA	Sussex/Surrey/ Hampshire & London

Health & Safety

To see the full range of these services download the Fact sheet in the training section or contact us			
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For further information contact Peter Christison in confidence

www.healthymindsinyourworkplace.com
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