



MIND ARMOUR[®] UK

Protect | Grow | Support

MINDSET SKILLS FOR PROFESSIONAL DEVELOPMENT

WHAT IS MIND ARMOUR?

Mind Armour is a series of expertly crafted learning materials that have been developed through many years of practical learning and teaching. Its creator, Ross McWilliam has worked with people and organizations for over 35 years and is accredited by MHFA England and CPD standards. The central pillar in Mind Armour is that people need to be listened to, understood and safely cared for. This builds trust, respect and connectivity, which are all key components for growth.

MENTAL HEALTH, MINDSET & TRUSTED LISTENER CERTIFICATION

1-Day CPD Certified Training

WHY THIS MATTERS

- Only 1 in 45 people have received accredited mental health training
- Mental health in the workplace is increasing, yet fewer than 30% of HR staff have received training.
- Most mental health challenges revolve around people not being understood, listened to, or having insufficient accurate information
- The cost on the company for each person experiencing poor mental health is in excess of £1,000 per year

WHAT YOU'LL LEARN

- How to safely listen with empathy & validation
- How to support your own mindset & wellbeing
- Spot signs of mental distress in others
- Communicate with authentic care & professionalism
- Create a supportive space for clients and colleagues
- Learn how to signpost and develop greater self-care

WHY IT'S SO POWERFUL

This course empowers you to:

- Support mental health without crossing boundaries
- Build client trust through empathy
- Break stigma & improve emotional safety in your space

YOU'LL RECEIVE

- CPD-Accredited Certificate
- Visual Display Sign Lapel & Email Badge
- Access to resources
- Ongoing consultant support

**AVAILABLE
FACE-TO-FACE & ONLINE**

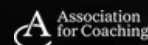
**£225 PER DELEGATE
MAXIMUM 12 DELEGATES**

TESTIMONIAL

"ROSS BUILDS SAFETY AND SECURITY SO EVERYONE IS ABLE TO GIVE THEIR BEST TO THE TRAINING. THE IMPACT OF THIS TRAINING COULD LAST A LIFETIME FOR THE INDIVIDUAL AND THE COMPANY."



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The CPD Accreditation Office

BOOK NOW

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