



Dorset Mind Works!

Expert mental health education & training

Mind Tools

Mind Tools are ongoing continual professional development in the mental health and wellbeing sector, delivered in manageable bite-sized sessions.

***Special introductory offer:
Book 11 courses and get one free!**

*(When paying for 12 sessions upfront)

We help companies build a culture to ensure employees & employers develop and sustain mentally healthy workplaces. Importantly, we help reduce presenteeism and absenteeism. Best of all, by choosing to invest in training with us you are also investing in your local community.

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Dorset Mind Works: Mind Tools

Mind Tools are ongoing continual professional development in the mental health and wellbeing sector delivered in manageable bite-sized sessions. The sessions are 1hr in length, and are delivered and facilitated by our expert trainers at Dorset Mind.

Your Mental Health Matters

This one-hour Mental Health talk explores our mental health in the current climate and what might be challenging our mental health. We also share some useful coping strategies that can help prevent burnout in the current climate.

Courageous Conversations for Supporting Others

This course is for anyone that wants to make conversations about mental health part of their everyday. This training provides a comprehensive action plan that can be used to explore an individual's mental health.

Challenging Unhelpful Thinking

Using a Case-study approach, this course explores unhelpful thinking patterns and thoughts. You will reflect on your own thinking patterns, and explore some strategies to help you reframe your thinking in more effective and helpful ways.

Five Ways to Wellbeing

This course will explore the importance of Mental wellbeing, introduce you to the Five ways to Wellbeing model and explore how you can use this to improve and maintain positive mental health

Menopause and Mental Health

This session explores Menopause and Mental Health with the hope of spreading menopause awareness and supporting those who may be struggling in silence.

General Mental Health Awareness

This course increases delegates' mental health awareness. Delegates will explore their own mental health and the impact it has on their lives in and out of the workplace.

Wellness Action Plan

This course will introduce you to the Wellness Action Plan model. You will learn how to develop your own Wellness Action Plan and how it can help to proactively manage your own wellbeing. We will reflect on what keeps us well, and identify our early warning signs.

How to Support Someone in a Crisis

This course provides you with the tools on how to support someone who may be in crisis. This includes having an effective conversation, active listening, and support and practical steps on how to signpost someone who is in crisis.

Boundaries and Resilience

This course aims to help individuals gain knowledge about the importance of boundaries and resilience in the workplace. The session aims to expand individuals' knowledge on what we mean by boundaries and resilience and will hopefully help delegates gain skills in setting clear strategies to help support positive mental wellbeing.

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Mindfulness and Relaxation

This course introduces you to what mindfulness is, the benefits of practicing mindfulness. You will also learn mindfulness techniques such as breathing exercises and body scans, to reduce stress and improve your wellbeing.

Mood and Food

This course explores our relationship between mood and food. We will look at gut health and explore how what you eat can play a part in how you feel. And how we can make positive changes to our relationship with food, that can have a positive impact on our mental health.

Stress Management

This course explores stress, symptoms and behaviours associated with, and our responses to stress. The course also provides you with the tools to develop practical coping and management strategies, to help you manage your stress effectively.

Exam Stress and Anxiety

This session gives you the tools to support yourself or someone who may be feeling anxious about exams. We explore what stress looks like and how it can affect you, we look at useful tips for preparing for an exam, and boundaries and self-care tips to look after your wellbeing.

Our Body and Mind

This course explores the relationship between our physical health and mental health. We look at the impact of bad physical health, how neglecting our health can lead to burnout, and what positive steps we can take to keep ourselves well.

Understanding Self-Harm

This session explores what self-harm is, behaviours and signs of self-harm, and the reasons why someone might self-harm. We will also explore how we can support those who self-harm, and how to signpost for further support.

Money and Mental Health

This course explores the impact that money worries can have on your mental health, and how mental health can affect the way we deal with money, and how you can access further advice and support.

If you would like to learn more, or would like to speak to us about booking a session, please don't hesitate to get in touch:

Training@dorsetmind.uk