

Goldmark Training

COMPANY OVERVIEW



WWW.GOLDMARKTRAINING.CO.UK

Our Director



*Tara Hussain - Cognitive Behavioural
Psychotherapist and Director at Goldmark
Training*

Tahira Hussain has extensive experience working in the statutory and voluntary sector. She had a 19-year career in social work, mental health, community development, charity and the housing sector. She has a successful track record in consultancy, training and project management. Qualified as a cognitive behavioural psychotherapist, she is a member of the BABCP and BPS. Working as a training associate for national agencies she has utilised her experience in the housing, health and care sector and delivered a menu of training packages aimed to support staff, stakeholders and residents on a range of topics including mental health

awareness, mental health and wellbeing, safeguarding children & adults, equality & diversity, stress management, managing depression, effective psychological intervention and developing self-esteem. Tahira is also an approved therapist to support wellbeing and awareness of mental health through training and CBT therapies.



What we do



We provide value based corporate training packages and wellbeing solutions to public and private organisations in the UK and abroad.

Here is a catalogue of the courses we offer at Goldmark Training. If you have any questions or would like a bespoke offering, please contact us at: hello@goldmarktraining.co.uk.

[watch our promotional video here](#)





Diversity in the Workplace – Unconscious Bias

Unconscious bias refers to the biases we have of which we are not in conscious control. This course will enable staff to understand the idea of unconscious bias and related concepts, experience how unconscious bias affects our behaviour and identify the impact unconscious bias has on your organisation. The course will enable attendees

- *to gain an overview of key drivers for E&D*
- *to gain an understanding of prejudice & discrimination in its different forms.*
- *an exploration of the concept of unconscious bias*
- *the legal implications of bias in the workplace*
- *understanding our own biases*
- *the business case for diversity and making difference work*
- *effecting change within our organisations*



Equality and Diversity – An Introduction

This is an essential course for all staff. It will ensure that learners are aware of equality and diversity and their responsibilities. Our course will enable you to understand

- *What is meant by equality and diversity*
- *What is meant by discrimination.*
- *Current legislation relating to equality and diversity*
- *When you should consider equal opportunities legislation.*
- *Define your own responsibilities for Equality and Diversity.*



Lift – A Wellbeing Programme

This personal development course is aimed at all types of staff. It is broken down into 10 bite size taster sessions in one day and covers mood, sleep, activity, relaxation, thinking, assertiveness, motivation, communication, mindfulness and confidence.



Professional Boundaries

Clear professional boundaries are essential for organisations to deliver a high quality service. It is crucial that staff understand the nature and limits of their roles and are able to recognise the 'grey areas' where they are at risk of crossing their professional boundaries. This course presents a comprehensive overview and explores personal roles and responsibilities.



Emotional Resilience – Getting Tough

This course will enable participants to understand mental toughness. Presenting a balance between theory and practice exploring resilience attitudes and habits. Participants can develop skills and confidence of how to deal positively under pressure and develop effective responses and stamina.



Psychological Safety

“In a team with high psychological safety, teammates feel safe to take risks around their team members. They feel confident that no one on the team will embarrass or punish anyone else for admitting a mistake, asking a question, or offering a new idea.”

Psychological safety is the principle that where we allow people to feel safe in the workplace and allow them to contribute their ideas and concerns, we are considerably more likely to develop a culture of knowledge and innovation. The aim of creating a culture of psychological safety is to remove the feeling employees have that they should, ‘fit in’, ‘know their place’, ‘toe the line’ and go along with things in order to be accepted. By developing a culture that goes against this model and allows people to feel safe, empowered, fearless and able to speak up, we allow individuals to grow and excel and encourage performance improvements within the organisation.

This training course has been designed to explore these concepts and establish how your staff can help develop a culture that exhibits psychological safety traits, giving participants essential skills and confidence.

Diary of a Psycho Therapist

WHO ARE YOU CALLING MAD?

Who are you calling mad? Me? Yes me! Well, maybe I am! The thing is that mental health exists on a spectrum just like physical health, so what we invest in our mental health can make a real difference on the days we practice self care and self compassion. The days that are all too much will pass too. We know this because they do... every time!

We all have good days and bad days with the inevitable loops and curveballs coming at us. Some of us are simply better at managing the pendulum of emotions and thoughts that are running a daily marathon inside all of us, and others kind of struggle! There is nothing to be ashamed of! I would question anyone who claimed they weren't a little mad at least sometimes. I know I certainly am. Yes, we hold our stuff together everyday and yes, that thread is sometimes super thin but



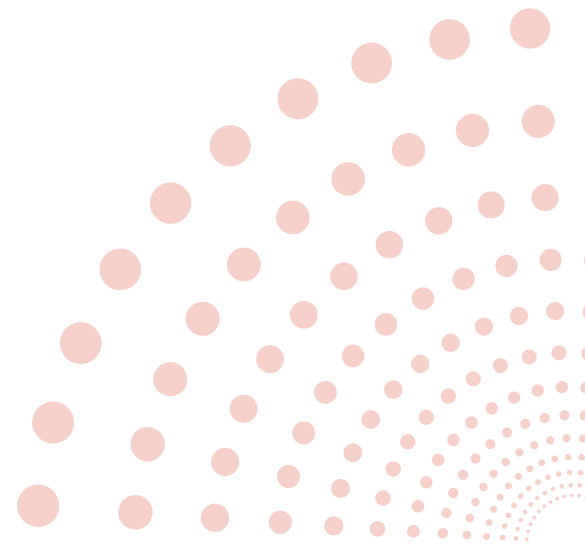
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remember that we still do even amidst the most passionate of storms.

So next time you pass someone going nuts, your best friend or colleague is having a melt down and you cannot connect, take a step back, take a breath and let's show a little love and less judgement. Add to that a dollop of empathy, spice it up with some compassion and you have a foolproof recipe for supporting progress over building up even more hurdles, because it's hard enough, right? Open your mind because your brain really isn't going to fall out. After all we are everyone and everyone is us!

THRIVE &
SHINE

Tara x



Contact Us



If you have any questions, or would like to book a training session with us, you can reach us by phone, email or on our social media platforms.

We would be happy to discuss your business needs and look forward to working with you.

Email: hello@goldmarktraining.co.uk
Phone: 07476 988566

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