

Goldmark Training

WELLBEING CATALOGUE



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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](#)





Building Self Esteem – Steps to Improvement

Self-esteem can affect roles and relationships in the workplace as well as in your personal life. The aims of this course are to enable you to understand the idea of self-esteem and related concepts forming the basis for assertive behaviour and have confidence you can get your needs met and stand your ground when facing challenges.



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.



Stress Management – Get to Grips

This stress management training has been developed to help participants identify the causes and effects of stress and to assist them in developing the skills required to manage stress in the workplace including their own stress and learn techniques and strategies to support staff.



Bereavement and Loss

This one-day loss and bereavement training will help staff and managers to adopt a caring and professional response, which can significantly enhance the quality of service and support given. Learn how to support bereaved clients and colleagues. Gain a strong understanding of bereavement issues and the factors affecting the grieving process. Learn about how different cultures view grief. Improve your communication and inter-personal skills.



Managing Depression in the Workplace

This course is designed to enable managers and staff to understand depression and anxiety, what it is (what it is not), signs and symptoms associated with them and how to respond appropriately in a work place setting as a manager or a colleague.



Putting Diversity into Action – Islamic Awareness

Understanding and engaging effectively with your Muslim staff, residents and stakeholders. This course is designed to enable you and your colleagues to provide an informed service to your Muslim customers and staff, meet the needs of the Muslim community and find out about Islam in a warm, friendly atmosphere. Delegates will be able to understand better what Muslims believe and discuss common stereotypes and myths.



Wellbeing in the Workplace

This course will explore the responsibilities for ensuring wellbeing in the workplace and how this is managed. Well-being and stress management issues are within the overall 'duty of care' that an employer owes to its employees, yet the consideration extends far beyond the employer's duty of care. Everyone in work has a duty to safeguard and nurture personal wellbeing at work.



Counselling Skills and Engaging with Residents

This one day course will outline basic counselling skills that can be utilised when supporting and engaging with vulnerable groups.




Confidence Building and Self Esteem

This course is for staff who want to improve their confidence and self-belief, develop their interpersonal skills and handle difficult situations effectively.



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.



Mindfulness – ‘The Now Factor’

The course will enable participants to understand the idea of mindfulness and related concepts. Participants will experience how mindfulness can affect our behaviour and interpersonal relationships and identify the impact effective mindfulness has on your organisation.



Introduction to CBT

This course will provide participants an introduction to both the theoretical and practical applications of Cognitive Behavioural Therapy.



Coping Mechanisms – Guided Self Help

Aggression, desperation and even suicide threats amongst other crisis situations have become a grim part of daily life for many front line housing professionals. This training is designed to introduce guided self-help techniques and interventions to help them cope and 'check out'.



Mental Health Training Awareness – Basic Introduction

This course is designed for all staff that come into contact with customers who may have mental health problems. The course will give participants insights and strategies into dealing with mental health situations as well as raising awareness.



Understanding Mental Health & Managing Difficult Situations

Understanding mental health starts by exploration, dialogue to increase awareness and improve practice. Training staff to systematically identify and respond to service users or staff mental health needs appropriately requires a sound knowledge of understanding how to manage, respond and deal with challenging situations. Understanding mental health in this context involves discussion and awareness. This interactive training course is designed to assist staff and managers to address the issues and challenges that they face when dealing with those who are experiencing communication or mental health difficulties.

The session looks at definitions of mental health, myths and statistics, challenges and barriers and how to provide support to service users and staff appropriately when faced with difficult situations. The course will explore risk and responsibility as well as our role in the context of work based scenarios, exploring our communication methods (verbal and non-verbal) and appropriate response.



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.