



Mentallylab

BeOn*



Mentallyleaders

**TRAINING IN PSYCHOLOGICAL PREVENTION AND
MENTAL HEALTH FIRST AID**

For team managers and middle managers

Objective

The aim of this training is to provide participants with **basic knowledge of Mental Health**, as well as an understanding of **indicators** and signs that may suggest that a member of their team or someone close to them has a mental health problem.

This includes **learning skills to help them support these people** and encourage them to take steps to address their situation with specialist support.

They will also learn **self-care guidance** for psychological and emotional wellbeing.



Contents

BLOCK 1

Awareness of mental health self-care.

Practical coping and prevention techniques for

mental health: we will practise and train in active, productive strategies for coping with everyday distress, helping to prevent the development of mental health disorders.

BLOCK 2

Mental health warning signs: when and which warning signs should concern us.

What to do in these cases.

Basic psychological first aid: basic guidance on caring for our mental health.

Contents

BLOCK 3

Guidance on managing certain symptoms and supporting people experiencing early symptoms of problems relating to mood, anxiety, etc.

Key aspects of identifying suicide risk.

How to talk about mental health: guidance on normalising it, listening and empathising.

Designing my mental health prevention action plan.

Structure

- **1 eight-hour workshop** or 2 four-hour workshops
- **Format:** In person (preferred) or live online.
- **Group size:** max. 15 participants.
- **Comprehensive documentation** is provided.
- **Brief queries can be answered** by email.
- Option of **individual mentoring and supervision** sessions to resolve questions in specific situations.

Facilitation

Fully participative sessions, featuring numerous exercises and practical case studies.

Facilitator

ROSANA CALVO CRUZA

Health psychologist, emotional intelligence expert and coach.

Key qualifications:

- Degree in Psychology
- Master's in Clinical Psychology
- EMDR Therapist, Level II
- Master's in Emotional Intelligence
- NLP Practitioner
- Advanced Course in Coaching

Related experience:

- Health psychologist accredited by the Community of Madrid.
- Technical Director of Gimnasio emocional® since 2016.
- Trainer at Gimnasio emocional®. She has delivered more than 700 emotional skills workshops across more than 25 large companies.
- Lecturer on master's programmes in coaching, NLP and Emotional Intelligence (2012-2017).
- 13 years' experience as a psychologist at a Community of Madrid rehabilitation centre for people with severe mental illness.
- 12 years' experience as a health psychologist in private practice.
- Director of the corporate psychological support service at Gimnasio emocional®.
- Co-creator of the FORTIA® psycho-emotional resilience model.

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