Wellbeing Champion Training Scheme

The training has been designed to give all Wellbeing Champions consistent awareness, information and knowledge to enable them to deliver in the role. In line with this, some elements of the training are mandatory (as indicated *) and should be completed prior to the Champions starting in their role.

Internal Training Scheme

This is accessible via Blackboard and will include;
- An online induction*
- Two 'live learning' sessions delivered in a virtual classroom by HR colleagues.
  - Understanding the role*
  - How to have a wellbeing conversation*
- One facilitated ‘action learning’ session
  - Peer Support and Networking
- Flexible Learning Modules on a series of common wellbeing and mental health related topics.

Recommended External Training - MHFA Awareness Training*

- 3.5 hour virtual classroom with breaks as required
- Circa 10 candidates per classroom
- Candidates will receive a workbook (via email) followed by a hard copy manual
- Delivered by Christine Clark of Merseyside Workplace Training @MHatWORK
- Dates currently held are 14th and 23rd July 2020
- Cost per session is £450.00 plus VAT (or £45 per person) plus £13 per person for a candidate course book

Once your Wellbeing Champions are confirmed please email staffwellbeing@sheffield.ac.uk so that we can ensure they are sent joining information for the internal training and arrange for them to attend the external training in July. The Staff Wellbeing team will help to facilitate the places on the external training across faculties and departments to ensure that places are filled in the most efficient and cost effective way.

Should you require dates after July for Wellbeing Champion MHFA Awareness training you are able to contact Christine Clark directly to arrange this, please contact us and we will put you in touch.

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