

## **1. Train the Trainer Course - Learning Objectives**

The overall learning objectives for the Youth Wellbeing 'Train the Trainer' course are that learners will be able to:

- Understand, practice and learn how to deliver and facilitate HeadsUp/Mindkit Emotional Wellbeing workshops
- Describe and apply the principles of good teaching and learning
- Describe and apply a range of teaching/learning methods
- Describe the importance of using the 5 Ways to Wellbeing and Mindfulness practice
- Implement training that challenges attitudes to difference and to wellbeing
- Plan, deliver and evaluate training events
- Describe strategies for addressing equal opportunities and explore the perceptions of wellbeing in BME communities
- Describe your own experience of mental wellbeing and mindfulness

## **2. Your Personal Story**

You will be supported to prepare a 3-4 minute presentation on your personal story. The purpose of this story is to explain to young people how one can overcome mental health difficulties particularly in relation to wellbeing and resilience strategies. A dedicated session will focus on supporting you share what you want to share in a safe and appropriate way. Support will be provided by your volunteer co-ordinator after the course to help to practice and share what you feel comfortable to share.

## **3. Additional Training**

Volunteers will also be required to undertake mandatory additional training alongside or at the end of the course for example: Local Mind Volunteer Induction; Training on Safeguarding, Boundaries and Service user Involvement; and essential Practice and Preparation sessions for delivering the Wellbeing and Resilience sessions. There may also be opportunities to undertake other site-specific training.

In addition to this, you'll also be encouraged to become familiar with Mindfulness practice. This will give a good grounding in understanding some of the principles of Mindfulness so you can speak with confidence to young people about it. Many volunteers have also found this to be a good opportunity to experience some potential benefits of Mindfulness (such as feeling calmer, managing difficult feelings more effectively, better concentration!)