



Community Options

Supporting mental wellbeing



**Training,
Conferencing and
Consultancy
Services**

Training

Community Options delivers a range of training, conference and consultancy services designed to increase mental health and wellbeing. Clients have included strategic managers, people who are on their recovery journeys, employers and carers.

Community Options has expertise in designing training for people who are engaged with services to assist them in developing life skills and meeting personal aspirations. We use our own staff and partner with associates with relevant expertise.

Here is a taste of client feedback:

- The trainer was brilliant, very approachable, user friendly, not too technical but also very knowledgeable
- The most useful thing was the examples from the trainers personal experience
- I am excited about using and building on all I have learned
- It has changed my attitude
- I got hope for the future from today
- I was inspired
- Today was very productive– it was good to see residents fully participating
- A very well organised and interactive day - very enjoyable and informative.
- It was good fun

Training Services include:

Recovery awareness and more in depth recovery concept

Facilitating skills for recovery groups

Person Centred Planning

Wellness Recovery Action Planning

Mental health awareness for managers and employees

Recruitment and selection

Personal development

Bespoke training designed to meet your needs

Life skills

Consultancy and Conferencing Services include:

- developing strategy, policy and practice for employee wellbeing and resilience
- creating a recovery orientated service
- person centred planning supervision
- facilitating mixed multi disciplinary and expert by experience groups to work effectively together to nurture recovery and growth
- expert recruitment panel member
- design and management of interactive conferences

Bookings

To book an event or discuss your requirements in detail please contact:

Head of Training and Consultancy

training@community-options.org.uk

020 8313 9725



Registered Office: Community Options Ltd,
2a Fielding Lane, Bromley, Kent BR2 9FL

tel: 020 8313 9725 fax: 020 8313 9703

email: enquiry@community-options.org.uk

website: www.community-options.org.uk