

The Lisa Jones Approach C.I.C

NOT YOUR AVERAGE MENTAL HEALTH TRAINING SESSION

My name is Lisa and I am here to help you with anxiety and stress in the workplace.

Over the last 20 years, I've worked with numerous individuals and organisations on building resilience.

I've now collated this information into a CPD accredited course that is delivered far and wide, to help guide others in managing their stress and anxiety.



www.thelisajonesapproach.com www.thecalmcharm.co.uk



About Me

I'm turning mental health training on its head by providing a session that's been created by someone who has been there and focuses on early help and support and building resilience rather than waiting until people reach crisis point.

I left my executive career to help people with their anxiety, panic attacks, stress and overwhelming thoughts. The course contains all of the information that I wish someone had told me at the beginning of my journey and it's the techniques that are backed by science and are practical to use in every day life, whether you're working, sitting at home trying to relax, in the car or presenting to a board of trustees.



Managing general anxiety and stress, whether in the workplace or in day to day life, can prove to be difficult at the best of times. But understanding why it happens, the process our brain goes through and realising what our bodies are doing when things like chest pain and dizziness hit, can really help take a lot of that additional fear away.



I genuinely believe that everyone and anyone can benefit from this training whether you struggle with your own mental health or know someone who does, we are all likely to encounter it in some form if not now then in the future.



About the Organisation



The focus in the session isn't about how to recognise and signpost people with mental health struggles, the focus is on **understanding** your brain, **why** we get the symptoms we get and **how** to calm them down when the stress and anxiety gets a little too much and to build resilience in the process.

The Lisa Jones Approach C.I.C was formed to provide anxiety and stress resilience training and coaching sessions based on scientific research as well as real life experience.

The accredited CPD (Continuous Professional Development) course is designed to help people from all walks of life build the confidence to understand and manage their mental health.

Over 98% of attendees have found the content to be 'very helpful', whether they suffer with anxiety or not.



“ All of the training was really useful to me, especially the coping mechanisms, tools and techniques which are really easy to follow and reduce the intensity of Anxiety. ”

The Mental Health Foundation have suggested cost effective ways to help your workforce, here are two:

Early identification of risk of poor mental health supplemented by brief psychosocial or psychological therapy support for adults (remote or face-to-face).

Workplace identification of mental health problems plus brief psychological support; actions to change workplace cultures to promote and protect mental health.

The information I am providing is used by the NHS, psychological therapists and counsellors up and down the country. It provides a brief but effective psychological understanding as well as early identification and encourages a workplace culture that promotes and supports mental health so it hits both of these recommendations.

Hollie - Service Delivery Manager from GCC Facilities Management PLC booked two face to face training sessions in one day at their head office in London and a leadership session. A month later, I asked her why she had booked the sessions and what impact she has seen since. This is what she said:

Why did you book the training ?

To help our colleagues identify early issues and to understand why we feel and act the way we do.

What impact has it had?

People are a lot more self aware and more at ease. We're also having much better conversations as a leadership team in terms of what we can offer to our people.

CONTENT FOR THE 3 HOUR COURSE

Housekeeping And Self Care
Introduction
Statistics
The Brain And The Panic Centre
How It Affects Us
Comfort Creak
How To Calm Your Brain
Questions



For every £10,000 invested in mental health initiatives, on average the return is £50,000.

You're not likely to just get your money back. You're likely to get it back multiple times over.

Included as standard:

- **WORKBOOK FOR EACH PARTICIPANT**
- **UP TO 15 PARTICIPANTS PER SESSION**
- **DIGITAL CPD CERTIFICATE FOR 3 POINTS (3 HOURS)**

1-2 sessions - £400 per session

3-5 sessions - £375 per session

6-10 sessions - £350 per session

11+ sessions - £325 per session

Some of the optional extras:

- **ADDITIONAL HOUR OF SENIOR LEADERSHIP GUIDANCE**
- **FOLLOW UP SUPPORT FOR EMPLOYEE AND EMPLOYER**
- **1-2-1 COACHING FOR PARTICIPANTS**

(Travel costs applicable and £150 overnight allowance chargeable for long distance (over 90 minutes travel) face to face session delivery)

Testimonial

Issues with mental health cause problems for many individuals and businesses and we recognised that we have team members who are affected by this in many ways and as an organisation we have a duty of care to support our employees.

Some people chose to attend because they suffered personally, others wanted to attend to learn how to support family and friends and some purely to gain more knowledge of the subject.

The evaluation carried out following the training sessions showed that everyone took away useful information and tips to manage their own symptoms and know what to look for in others and ways to support them.

We have also seen a vast reduction in absence linked to mental health issues.



Anne Nolan
ESP PLAY & QUEST electrical



Testimonial

To say I am still buzzing about Wednesday's session is an understatement.

Your session was absolutely fantastic. You deliver the session with a brilliant mix of honesty, humour and an approach which is both encouraging and non-judgmental. This topic can be a heavy one and when I have attended sessions about the same topic in the past, it has always felt that way. However, with your session, you engaged beautifully and were able to explain everything with ease and clarity

Afterwards, I was able to speak with our YP (young people) and everyone really grasped the session and not only understand the content - but they also understood how this can help them moving forward at Natwest Bank. To have our YP open up the way they did, during the session, was a testament to how you ran it. The positive feedback was overwhelming.

Finally, it was a beautiful touch to provide us with little Charm sets at the end. It will definitely allow our YP to remember your teachings, as well as the great afternoon we all shared!!



Chris Oliver

LTSB Programme Manager - Natwest CC.



Testimonial

Hello 🙋

I attended Lisa's course/workshop last weekend. I've followed The Calm Charm for sometime now, and use my key ring when I feel the going is getting tough and regularly recommend the key rings to others.

Lisa's course focused on anxiety, panic attacks and coping strategies, all of which are brilliant and I will be putting into practice.

The course ran at a good pace, the content was clear, the workbook is easy to follow with space to make notes and activities to complete if you want to.

Lisa is open and honest about her own journey which eases anyone on the course and makes you feel comfortable, and her humour (which is at my own level) made the course fun. Poor mental health isn't easy, but this course helps coping with it a bit lighter.

Thank you Lisa, I will be recommending not only your beautiful charms, your course as well.



Clair Rosling
Virtual training Attendee

