The Training Exchange programme at a glance

Courses in Bristol and Online 2026-27

Enjoy the benefits of learning in multi-agency groups from a range of backgrounds in public, private and voluntary sectors, including health & social work; housing & homelessness, education, workplace wellbeing, youth & community.

Courses Online (delivered over zoom)

Nov 2026	24	Supporting recovery: Preventing relapse
Feb 2027	02	Working with 'stuckness' in clients
	03	Wellbeing coaching skills
	04	Practical management of ADHD
	09 (am)	Suicide intervention skills *(half day)*
Mar	02	Brief solution focused therapy
	09 (am)	Facilitating reflective practice *(half day)*
	16	Practical management of PTSD
	17	Drugs including alcohol: Awareness & harm reduction
April	21 & 28	Motivational interviewing
May	05	Pregnancy & substance use
	11 (am)	Callers in crisis *(half day)*
	13 (am)	Personality disorder: understanding and responding *(half day)*
June	08	Parenting & substance use
	10	Addiction, dependency and recovery
	22 (am)	Building vicarious resilience *(half day)*
Oct 2026	05 (am)	Adult Safeguarding *(half day)*
	13 (am)	Self-harm: understanding and responding *(half day)*
	19 (am)	Professional boundaries *(half day)*

Courses in Bristol (in-person)

Nov 2026	11	Motivational interviewing
	18 & 19	Adult Mental Health First Aid
Dec	02 & 03	Project management & delivery
Jan 2027	28	Introduction to coaching skills
Feb	10 & 11	Groupwork skills
	23 & 24	Supervision skills
	25	Pregnancy & substance use
Mar	03	Trauma informed practice
	10	Parenting & substance use
	10 & 11	Training for trainers
Apr	*(short day)* 22	Mental Health First Aid Refresher
	(short day) 27	Facilitating reflective practice
	29	De-escalation skills & challenging behaviour
May	18 & 19	Management & leadership
June	16 & 17	ASIST (Applied Suicide Intervention Skills)
	29 & 30	Adult Mental Health First Aid
Oct	07	Emotional regulation: Polyvagal theory in practice

Seven ways to build resilience practical strategies in an online video resource. Available anytime for individuals and teams from £15 - £30 +VAT per place.

Venues and Costs

Courses take place either online or at accessible venues in Bristol.
Courses start at 9.30am and end by 4.30pm (1.00pm for half days).

Half day courses £120 (+VAT) **Short day courses £160** (+VAT)
One day courses £170 (+VAT) online **£190** (+VAT) in-person
Two day courses £270 (+VAT) online **£300** (+VAT) in-person
** *ASIST, Mental Health First Aid, Management & leadership and Project management courses £325 (+VAT)*

How to book courses

Book online at **www.trainingexchange.org.uk**
or request a booking form by email **info@trainingexchange.org.uk**
or phone **0117 941 5859**

Courses run with a maximum of 12-16 people **ASIST up to 30*
Two concessionary places are available on each course.

All these courses and more are available in-house for teams
Contact us for more information and detailed course outlines