

The Training Exchange programme at a glance

Courses in Bristol and Online 2021

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

The logo for The Training Exchange, featuring the text 'the TRAINING exchange' in a sans-serif font. 'the' is in a smaller font size and lowercase, 'TRAINING' is in a larger, bold, uppercase font, and 'exchange' is in a smaller font size and lowercase. The text is positioned to the right of a large, stylized orange and yellow swoosh that curves around the top and right sides of the text.

Courses online (for individuals)

Jan	28 Jan & 11 Mar (am)	Introduction to supervision (2 x Half days online)
Feb	02, 04, 09 & 11 (am)	Adult Mental Health First Aid (4 x Half days online)
	10 (am)	Challenging & aggressive behaviour (Half day online)
	23 (am)	Suicide intervention skills (Half day online)
	25	Dual diagnosis (online)
March	01 & 02 (pm)	Youth Mental Health First Aid (2 x Half days online)
	03	Working with stuck clients (online)
	04	Resilience skills (online)
	10	Supporting recovery: Preventing relapse (online)
	16 (am)	Managing difficult conversations (Half day online)
	17 (am)	Responding to mental health crisis (Half day online)
	23 (am)	Adult safeguarding (Half day online)
	30 & 31 (am)	Domestic abuse & complex needs (2 x Half days online)

The Training Exchange Covid response plan:

Most of our multi-agency courses will be delivered online until April 2021.

Face-to-face training will be delivered to smaller groups in larger rooms, with space for social distancing and Covid-safety measures in place.

If face-to-face training is not possible, where practical we will deliver training online as live interactive sessions on the same dates.

Venues and Costs

Courses take place either online or at accessible venues in Bristol.
Courses start at 9.30am and end by 4.30pm.

Half day courses from £100 (+VAT)

1 day courses from £150 (+VAT)

2 day courses from £250 (+VAT) *

* Mental Health First Aid courses £175-275 (+VAT)

* Management & leadership £275 (+VAT)

Courses in Bristol (you come to us)

March	18 & 19	Groupwork skills
	25	Introduction to visual facilitation
April	22	Professional boundaries
	27	Speaking with confidence
	28 & 29	Supervision skills
May	06	Sustaining empathy: Preventing burnout
	11 & 12	Adult Mental Health First Aid
	19 & 20	Management & leadership
	25	Understanding personality disorder in practice
	26	Working with young people with complex needs
June	09	Practical management of PTSD
	10	CBT tools for stress & anxiety
	15	Addiction, dependency & recovery
	22 & 23	Motivational interviewing
	29 & 30	Youth Mental Health First Aid
July	01	Facilitating reflective practice
	06	Brief solution focused therapy
	08	Challenging & aggressive behaviour

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**

Two concessionary places are available on each course.

Courses run with a maximum of 16 people

Contact us for more information and detailed course outlines