

- Health Promotion & Training

### **Accredited Courses**

- Counselling Skills - 10 weeks
- CBT & Stress Management - 10 weeks
- Healthy Working Lives Training for managers - 1 day

### **Courses – normally half to 2-day**

- Assertion
- Resilience
- Listening Skills
- Stress Awareness
- Time management
- Stress Management
- Fatigue Management
- Change Management
- Bereavement Management
- HSE Management Standards
- Communications Skills Training
- Anxiety & Trauma Management
- Well Being & Work/Life Balance
- 7 Steps to Understanding Coaching
- Managing Pressure to Increase Performance
- Offshore Medics Mental Health & Stress training
- Learn Confidence: Confidence to Learn (Adult education)
- Family Liaison Representative Training, following Emergency Response
- Call 4 Confidence (Series of 8 x 1-day workshops originally written for “Battered Wives” – however, can be modified for any confidence building course).

### **Psychological Services**

- EMDR Therapy
- Lifestyle Coaching
- Performance Coaching
- Psychological Coaching
- Post Trauma Support & Debriefing
- E-Learning (see next page for details)
- One-to-one (accredited) psychotherapy
- Stress Audits/Reports both individual and organisational
- Psychometric Tests (Selby & Mills Assessor) – Gold Standard
- Psychological Assessments & Reports (Grade 2), for example:
- Post Trauma – DAPS

- Stress
- Social Skills
- BECKS
- HADS
- GHQ
- DAS

**All our services can be undertaken  
Onshore or Offshore**