



MENTAL HEALTH AWARENESS TRAINING



The
**Power
Within**[®]

The Motivational Intelligence Company[®]
Life-Changing Leadership, Lifelong Results

Table of Contents

Why Mental Health Awareness Matters	01
Programme Overview	02
Who Should Attend	03
What You Will Learn	04
Organisational Outcomes	05
The Science Behind Motivational Intelligence	06
About Us	08
Client Testimonials	09



Mental Health Awareness



Why Mental Health Awareness Matters

Mental health affects every workplace, every team and every individual. In fast-paced environments, stress, pressure and uncertainty often go unnoticed until they become overwhelming. Without the right awareness and support, people struggle in silence, performance declines and teams lose connection.

This programme exists to change that. It helps individuals recognise the signs of poor mental health, build personal resilience, and support others with confidence and compassion. When organisations take mental health seriously, they reduce absenteeism, strengthen culture and improve everyday performance.

Investing in mental health is not a wellbeing exercise. It is a strategic decision that builds stronger teams, healthier communication and workplaces where people feel valued, supported and able to thrive.

Women are more likely to have suicidal thoughts and to make suicide attempts than men. But men are 3 times more likely to take their own lives than women.

Programme Overview

This course provides a practical, supportive introduction to understanding and improving mental health at work. Participants explore a range of common conditions including stress, anxiety, depression, self-harm, substance misuse and psychosis in a safe, empathetic environment.

The programme blends real-life examples, guided discussion and practical tools. Participants learn how to recognise when someone may be struggling, how to start sensitive conversations, and where to access appropriate support.

Key Components of the Programme Include:



Mental Health Continuum

Understanding the mental health continuum



Early Warning Signs

Identifying triggers, signs and early warning indicators



Empathetic Communication

Approaching conversations with empathy and confidence



Crisis Support

Providing immediate support to colleagues in crisis



Self-Care Tools

Practical tools for self-care and resilience

Who Is This Programme For



Programme Framework

Format:

Live virtual training delivered through Zoom

Total Time:

Approximately 4 hours

Additional Learning:

Access to a self-paced online course

Flexible Assessment:

10 multiple-choice questions, 80% pass mark, unlimited retakes

Accreditation:

CPD certified

Resources:

Full audio voiceover and downloadable worksheets and tools

Certification:

Printable certificate mailed within 1 working day of completion

This course is suitable for individuals at all levels and across all sectors. No previous training or experience is required.

It is especially valuable for people working in high-pressure or people-facing roles such as:

- Construction
- Healthcare
- Hospitality
- Education
- Customer service
- Professional services


It supports team members, supervisors, managers and leaders who want to create healthier, more compassionate workplaces.

Whether you are supporting others, managing teams or wanting to better understand your own wellbeing, this programme provides the knowledge, tools and confidence to make a meaningful difference.

What You'll Learn



By the end of the programme, you will have developed a deeper sense of understanding, clarity and confidence around mental health and wellbeing.

 **A clearer understanding of your own mental wellbeing**


Recognise your emotional patterns, stress levels and early warning signs. Build greater self-awareness and compassion for yourself.

 **Strategies for managing stress and overwhelm**


Discover simple, sustainable habits that help you stay grounded. Build resilience that supports your wellbeing long after the course ends.

 **Confidence to speak about mental health openly**

Feel more comfortable starting open, supportive conversations. Learn how to respond thoughtfully when someone reaches out.

 **Tools to navigate challenging moments calmly**

Gain approaches for managing pressure, uncertainty and change. Strengthen your confidence in handling difficult emotions.

 **Awareness of how to support someone who is struggling**

Understand what to say, how to listen and how to reassure someone calmly. Know where to signpost further support when needed.

 **Build a stronger sense of connection**

Feel more connected to those around you and less alone in your experiences. Develop deeper, healthier relationships built on empathy and trust.



Organisational Outcomes

Clear Benefits for Teams, Leaders and Workplaces



Earlier recognition of stress and burnout

Teams become more aware of early signs of emotional strain. This encourages timely support and reduces crisis incidents.



A culture of openness and psychological safety

Honest conversations become more natural and stigma reduces. People feel safer sharing concerns before they escalate.



More confident, supportive managers

Leaders feel better equipped to approach sensitive situations. This strengthens trust and improves team wellbeing.



Reduced absenteeism and improved engagement

Supportive cultures lead to more consistent attendance and motivation. People feel more connected and committed to their roles.



Stronger resilience across teams

Individuals gain tools to navigate pressure more effectively. This helps teams remain steady during challenging periods.



A more caring and connected workplace culture

Kindness and empathy become embedded in daily interactions. This strengthens collaboration and overall organisational wellbeing.

Why Motivational Intelligence



IQ:

Provides cognitive framework for problem-solving and analytical reasoning.



EQ:

Shapes understanding and interaction with people, enhancing empathy and communication.



MQ:

Integrates IQ and EQ to deliver results, achieving goals effectively.

From Research to Real-World Impact

Motivational Intelligence (MQ) is grounded in neuroscience and psychology, helping us understand the deeper patterns that shape how we respond to stress, uncertainty and emotional challenges.

The Science Behind Real Human Growth

Motivational Intelligence (MQ) is rooted in neuroscience and psychology, helping explain why people react differently when under pressure. While IQ influences how we think and EQ shapes how we relate to others, MQ determines how we cope, adapt and follow through during difficult moments. It highlights the deeper patterns that influence resilience, confidence and emotional wellbeing.

MQ in Daily Life and Workplace Situations

In everyday life, MQ helps individuals recognise unhelpful cognitive patterns, regulate emotional responses and build habits that support long-term wellbeing. It enables people to remain steady during stress by shaping how the brain interprets and reacts to challenge.

In the workplace, MQ improves how people process feedback, manage uncertainty and make decisions under pressure. It reduces reactive behaviours and supports environments where psychological safety, trust and collaboration can grow.

Creating Meaningful and Lasting Change

When MQ is integrated into personal and organisational development, it creates environments where people feel supported rather than overwhelmed. It moves teams from simple awareness to genuine commitment, building cultures where trust, care and accountability come naturally. This blend of research and real-world practice ensures the programme supports lasting change in how people think, feel and connect.

MQ White Paper



For the evidence base and references behind our approach, request our Motivational Intelligence white paper from contact@tpwtd.com or scan the QR code to download

About Us



Founded With Purpose

Founded in 2017 by James and Enas Fleming, The Power Within Training was born from a simple belief: leadership and personal growth should be practical, powerful and genuinely life changing. Their lived experience in business and in life shaped a company built on what truly works – real tools, real understanding and real human connection.

Our Approach

We blend the latest insights from neuroscience, cognitive psychology and social psychology with practical, accessible development. This combination helps people understand themselves more deeply, strengthen emotional resilience and create healthier, more supportive environments at work and in everyday life.

Our Clients

“

Ryan Williams
Caddick Construction

"I have been very lucky to have been given the opportunity to take part in this course, it has and will provide me with the tools to develop myself and the team around me.

At more than one point during the course I have had a eureka moment and it has motivated me to make sure I set the time aside to use the strategies and tools I have learnt during the course."

“

Jessica Laird
Vistry Group

"A very open and inspiring course, give a great insight into the human brain and just not to be so hard on ourselves sometimes.

It's lovely to hear other people's views and thoughts, reassuring that we are the same and we can all convince our brains that we CAN!!"

At Our Core

We believe in igniting potential, nurturing confidence and empowering people to face challenges with compassion, clarity and courage. Everything we do is driven by positivity, purpose and a commitment to lasting change, supporting you to become the strongest, most grounded version of yourself while making a meaningful difference to those around you.





Our team at The Power Within Training are standing by to make sure you get the help you need.

Whether you have a question, are interested in finding out more or looking for a proposal, we're here for you!

0330 133 2975
contact@tpwtd.com
www.thepowerwithintraining.com

Copyright © The Power Within Training 2025
The Motivational Intelligence Company ®

All Rights Reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage or retrieval system not known or to be invented without permission in writing from contact@tpwtd.com

