

ONE
LIFE
LOST
is
ENOUGH



A guide to our
training courses

www.theolliefoundation.org

Hello from The OLLIE Foundation

The OLLIE Foundation is a suicide prevention charity, set up in 2016 by three Hertfordshire parents who had each lost a son to suicide. They met in bereavement support, and vowed to do all they could to stop another family going through the heartache they were experiencing.

OLLIE stands for **One Life Lost Is Enough**

OLLIE provides wellbeing, prevention and intervention events, training, talks and panel events for professionals, parents and students. Our mission is to reduce the incidence of suicide, particularly amongst our young people. One way we do this is through the provision of training and education to parents, children, teens and young adults and to all those with a duty of care for others.

Through our work we aim to reduce both the stigma and the fears people have in talking about suicide. We aim to advance the pedagogy and discourse around suicide studies and effective early intervention and prevention techniques and strategies. Our work always aims to share best practice, supporting curiosity, skills, capacities and knowledge so each generation can stay safer from suicide and bereavement from suicide.



The OLLIE Foundation founders – Stuart, Jane and Chris

The OLLIE Foundation offers a range of programmes such as:

- Debi Roberts Wellbeing Programme
- MHFA Youth Programmes
- safeTALK Suicide Alertness
- ASIST
- suicide to Hope
- The Decider Skills - CBT based wellbeing sessions
- iheart

Prices for all courses and programmes are available on request.

Training courses quick guide

COURSE PROVIDER	SESSION	LENGTH	CAN BE ADAPTED FOR				CAN BE DELIVERED	
			Adults 18+	Young Adults 16-17	Teens 12-15	Children 6-11	Online	In-person
	TALK SAFE, PLAN SAFE Suicide Prevention & Crisis Training	2 hours	✓				✓	✓
	Keeping Safe and Carrying On	90 mins	✓	✓	✓	✓	✓	✓
	The Science of Goal Setting	2 hours	✓	✓	✓	✓	✓	✓
	Safeguarding for Young Adults	90 mins	✓	✓			✓	✓
	Everyday Life Hacks	45 mins	✓	✓	✓	✓	✓	✓
	Youth Half Day	3.5 hours	✓				✓	✓
	Youth 1 Day	8 hours	✓				✓	✓
	Youth 2 Day	16 hours	✓				✓	✓
	suicideTALK	60-90 mins	✓					✓
	safeTALK	3 hours	✓					✓
	ASIST	2 days	✓					✓
	suicide to HOPE	1 day	✓					✓
	Zentangle	90 mins	✓	✓	✓	✓	✓	✓

Debi Roberts Wellbeing Programme

The Debi Roberts Wellbeing Programme brings all of Debi's work and expertise into one programme. An expert in suicide prevention, Debi has been teaching and supporting students, schools and families for over 30 years. She is an international speaker and author focusing on The Science of Goal Setting, Theory of Constraints Applications to Behaviour, Suicide Prevention, Emotional Wellbeing and Cognitive Behavioural Therapy.

Talk Safe, Plan Safe: Suicide Prevention Training (also available as a workshop with guided practice). This session leaves delegates confident to support others who are experiencing an emotional crisis where suicidal ideation may be present. This is a great refresher for anyone who has already completed training in suicide prevention and provides a comprehensive starting point for those who have not.

Keeping Safe and Carrying On: Guides you through the neurobiology of emotion, looking at how the brain and body

processes thoughts and feelings. The session also shares with delegates a range of tips and strategies to better manage moments of overwhelm, stress, sleeplessness, and loneliness.

The Science of Goal Setting: Learn how to identify the obstacles standing in the way of your goals and how you can plan to overcome them and reach your target.

Safeguarding For Young People: Supporting delegates navigate toxic and or demanding relationships and how to manage secrets that shouldn't be kept. Combining key elements of **Talk Safe, Plan Safe** with a safeguarding approach, students will consider how to be a good friend and maintain their boundaries.

Everyday Life Hacks: A rolling programme of wellbeing sessions. Each week learn a new life hack from the world of Cognitive Behavioural Therapy (CBT), The Decider Skills, Theory of Constraints (TOC) and from the curriculum of iheart.

Talk Safe, Plan Safe – Suicide Prevention Training

2 hour talk*

This online training reviews key messages from suicide intervention trainings, giving delegates the opportunity to hear and learn the basic skills and knowledge needed to keep someone safe from suicide. Delegates will explore a range of strategies and modalities like Cognitive Behavioural Therapy (CBT) and Theory of Constraints (TOC) and how they can be used to create an effective safeplan with someone who is in emotional crisis.

Sessions suitable for those aged 17 and above.

*This session is not to replace professional engagement but can be used to support someone in the here and now, whilst waiting for professional help to arrive or become available.

“ I AM SO GRATEFUL FOR THIS TRAINING FOR HELPING ME AND MY SON AT THIS TRAUMATIC TIME. YOU HAVE GIVEN ME ‘PERMISSION’ TO TALK TO MY SON ABOUT SUICIDE. NOW THAT WE CAN TALK, I FEEL MORE IN CONTROL AND I’M IN A FAR BETTER POSITION TO SUPPORT HIM.”

The Talk explores:

- The myths and facts surrounding suicide.
- A range of signs that someone may be at risk.
- What gets in the way of people asking for help and what gets in the way of offering help.
- How to talk about suicide calmly and directly with someone you are worried about.
- How to provide practical help by creating a safe-plan / crisis plan.
- How CBT and TOC can be used to provide support in an emotional crisis where suicidal ideation exists.

Delegates will:

- Explore how to maintain their boundaries whilst effectively supporting someone in crisis.
- Learn how to create a ‘safe-plan’ with someone they are concerned about (friend, family member, colleague, student, client or patient) with clear guidance on appropriate/inappropriate language.

Keeping Safe And Carrying On

Understanding the Neurobiology of Emotion and how to reduce stress and anxiety.

90 minute talk (45 mins / 1 hour version also available)

This 90-minute talk explores our amazing inbuilt survival system, an incredible system that runs 24/7 to keep us safe. Delegates will also consider another amazing inbuilt system, our thoughts, and will explore how our thoughts can create untold amounts of overtime for our survival system when the two are out of sync, leaving us feeling stressed and anxious.

In this session, delegates will consider how the brain processes emotions like fear, anger and worry, and how that starts a hormonal chain reaction, creating a range of physical and psychological responses that left unchecked, can build up like an emotional and physical Jenga tower, wobbly and on the verge of collapse.

When we know how the whole system works, we are better able to stay in control - even if the foundations are a little wobbly!

“AN EFFECTIVE AND EMPOWERING FUSION OF THE NEUROSCIENCE OF EMOTION, COGNITIVE BEHAVIOURAL SKILLS AND PRACTICAL PHILOSOPHY THAT STRENGTHENED OUR STAFF’S UNDERSTANDING OF THEIR OWN MENTAL RESILIENCE – EMPOWERING THEM TO BE IN CONTROL OF THEIR HERE AND NOW.”

During this session, delegates will begin to understand how both these systems work so that they can use them more effectively and learn some simple tips and strategies to help stay in control of both!

Summary: In this talk delegates will consider:

- The science of emotion and our innate survival and psychological systems.
- How and why the stress response system gets activated and the typical chain reaction of physical and cognitive responses.
- A range of strategies that can soothe and support moments of overwhelm, stress and negative thoughts.

“THE SESSION WAS PERFECTLY PRESENTED. IT WAS DELIVERED IN A FRIENDLY, SENSITIVE AND PROFESSIONAL WAY. IT WAS GREAT TO BE GUIDED FROM THE BIGGER PICTURE TO THE PRACTICAL APPLICATION.”

The Science of Goal Setting

How to overcome your obstacles and achieve your goals.

2 hour workshop with guided practice

In this session delegates will learn a successful goal setting process based on the world renowned business methodology, The Theory of Constraints (TOC) and consider how psychology and neuroscience can be harnessed to implement effective goal planning.

This session takes SMART to a whole new level, teaching delegates how to uncover the obstacles that could trip them up so they can mitigate or remove them and plan more effectively to reach their goal.

Whether these are aspirational type goals around career, travel, sports or those huge obstacles we don't talk about but want to overcome - anxiety, anger, self-harming, this session will help delegates create a robust plan to support their journey and according to science, significantly increase their chances of success!

The Science of Goal Setting provides delegates with highly transferable skills that can be applied to personal, academic and work goals.

The method shared in this session comes from the world renowned 'Theory of Constraints -TOC' developed by Dr Eli Goldratt.

Safeguarding for Young People

90 minute workshop

At least 25% of our wellbeing and happiness is a consequence of our friends' wellbeing and happiness. When our friends are struggling, we may find ourselves as their primary support and this pressure can feel overwhelming.

In this talk, young people will consider how we can maintain our personal boundaries, protect ourselves AND still be a good friend, including options to manage secrets and fears about someone's well-being.

This talk will also look at the hidden dangers within our 'lifestyle' choices that can so often interfere with wellbeing including for older students; orthorexia, gaming, gambling, and online porn.

“THE SESSION EMPOWERED OUR STUDENTS TO UNDERSTAND WHY HAVING CLEAR BOUNDARIES CAN PROTECT THEIR WELLBEING AND STILL ALLOW THEM TO SAFELY SUPPORT THEIR FRIENDS' IN DISTRESS. A REALLY EFFECTIVE SESSION TO SAFEGUARD OUR STUDENTS FROM EMOTIONAL CONTAGION.”

Attendees will consider:

- how to maintain personal boundaries, why that can feel hard but is actually the only way to be a good friend.
- Review the concept of a 'safe-plan' and how it can be used in a range of scenarios.
- When it's useful to be an accountability buddy and what that looks like.
- What support exists that we can signpost others to.

Tailored versions are available for primary, secondary and university students.

“BRILLIANT TRAINERS BUT ALSO REALLY GOOD VALUE FOR MONEY. SO FAR, I’VE NOT FOUND A BETTER TRAINING ORGANISATION FOR MENTAL HEALTH AND SUICIDE PREVENTION.”

Everyday Life Hacks

45 minute talk

A drop-in online programme that provides bite sized nuggets of information, strategies and transferable skills that aim to make life more manageable or at least a little less complicated.

Taken from neuro and positive psychology, CBT and TOC, learners can drop into as many sessions as they like and learn how to keep themselves and their emotions on track.

This is a rolling programme of sessions so delegates can start at any point.

Teaching session is approximately 30 minutes with 15-minute discussion at the end.

Youth Half Day Aware 3 hours

This introductory three hour session raises awareness of young people's mental health. This short course covers:

- Some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis.
- Skills to work more effectively with young people living with mental health issues.
- Ways to support young people with a mental health issue and relate to their experiences.

This half day course is an introductory session to raise awareness of mental health. Developed by MHFA England the course gives learners a basic knowledge of common mental health issues. Participants will be required to participate in a mix of group activities, presentations and discussions.

Youth 1 Day 8 hours

This one day course trains you as a Youth MHFA Champion, giving you:

- An understanding of common mental health issues and how they can affect young people.
- Ability to spot signs of mental ill health in young people and guide them to a place of support.
- Knowledge and confidence to advocate for mental health awareness.
- Skills to support positive wellbeing.

Train with us to become a Youth MHFA Champion and develop your skills to support positive wellbeing. You will gain an understanding of common mental health issues and how they can affect young people. The course will allow you to feel better able to spot signs of mental ill health in young people and guide them to a place of support. It will enhance your knowledge and confidence to advocate for mental health awareness.

**“ I WAS TOTALLY BLOWN AWAY BY THE DELIVERY
– SUCH KNOWLEDGE, EMPATHY, WHILST PROVIDING
OTHERS WITH STRENGTH, HOPE AND CALMNESS.”**

Youth 2 Day 16 hours

Become a Youth Mental Health First Aider by completing this 2 day course. Gain a deeper understanding of young people's mental health and factors that affect wellbeing. Learn practical skills to help spot warning signs of deteriorating wellbeing and emerging mental health issues. Develop confidence to reassure and support a young person in distress.

Enhanced interpersonal skills such as non-judgemental listening and knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate and in the process, learn tools to look after your own mental wellbeing!

MHFA delegate information:

All MHFA sessions can be delivered online or in person. In person courses need a minimum of 8 delegates and are capped at a maximum of 16. Online courses require a minimum of 8 delegates but can accommodate up to 20 delegates. Minimum age for all sessions is 18. Those aged 16-17 will be considered with parental / guardian permission.

Everyone completing a MHFA course will get a MHFA manual workbook and a certificate of attendance.



2 days

ASIST (Applied Suicide Intervention Skills Training) equips participants with the skills and insights to help support vulnerable people and signpost them towards appropriate support.

Included in the course:

- Discussion on UK suicide statistics.
- Video of real-life scenarios in which doctors, police and social workers share experiences of suicide crisis situations.
- Information in how to identify signs and steer individuals towards appropriate support.
- Roleplay exercises providing hands-on experience of the 'pathway' technique.



1 day

suicide to Hope is designed to be used after crisis point when the individual is safe again. The workshop's goal is to encourage and enable participants to apply a recovery and growth oriented approach to working with persons previously at risk and currently safe from suicide.

It's purpose is to strengthen hope by aiding recovery and growth. It's ideal for helpers who are, or would like to be, involved in ongoing suicide care for people, once they are safe. It assumes that participants are familiar with suicide intervention and can provide suicide first aid.

* While ASIST is not a prerequisite, it is recommended as one way to learn suicide first aid and provides background for suicide to Hope's learning processes and tools.



3 hours

safeTALK supports delegates to become aware of people with suicidal thoughts. Launched in Canada in 2006, the course has been run in more than 20 countries worldwide.

Included in the course:

- Exploration of the group's personal encounters with mental health and suicide.
- Video of survivor sharing experience of acute mental health challenges.
- Hands on role play exercises exploring real life suicide crisis scenarios.
- Information about local community resources.

It is suitable for anyone over the age of 18.

“ I DISCOVERED HOW TO USE APPROPRIATE LANGUAGE AROUND SUICIDE, HOW TO ASK SOMEBODY IF THEY ARE CONSIDERING ENDING THEIR LIFE AND HOW TO SUPPORT THEM WITH STRATEGIES SUCH AS A SAFE PLAN.”



60 – 90 mins

In this café-style talk, participants will explore their suicide awareness and consider ideas for creating a suicide-safer community through open and direct talk about suicide. suicideTALK invites participants, regardless of prior training or experience, to become more aware of suicide prevention opportunities in their community, whilst considering the stigma around suicide and some of the beliefs and ideas about suicide in their communities and in themselves.

LivingWorks delegate information:

In person delivery only. All LivingWorks sessions require a minimum number of 10 delegates. Suitable for adults, uni students and those in 6th form with parental / guardian permission.

Everyone completing a LivingWorks training course will receive course materials and a certificate of attendance.



zentangle®

Zentangle

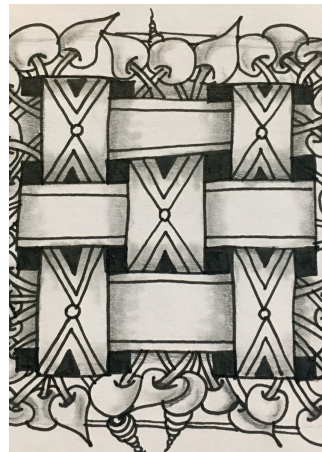
90 mins

Zentangle Art sessions provide 90 minutes of calm where participants can enjoy, regardless of artistic ability, creating a unique and beautiful piece of art.

Through their work, delegates will consider that there are no mistakes, only opportunities, that we are all unique and we can all create something beautiful. No artistic skills are needed for this mindful art session that offers relaxation, connection and a metaphor for life.

Zentangle looks complicated but it's simply a series of lines and shapes that you are guided to place on your paper and before you know it, you have created something like these!

This session is suitable for all ages and requires only a scrap of paper and pencil, (although a cotton bud and fine nibbed black pen are useful too).



SESSION	LINKS TO OFSTED	LINKS TO ISI
TALK SAFE, PLAN SAFE - Suicide Prevention and Crisis Training	Leaders engage with their staff and are aware and take account of the main pressures on them - including the demands on them to support students in emotional crisis. Fulfilling safeguarding responsibility under the Equality Act 2010 and Keeping Children Safe in Education 2021. Promoting the welfare of all learners. Providing a culture of safeguarding that supports effective arrangements to: identify learners who may need early help or who are at risk of neglect, abuse, grooming or exploitation; help learners reduce their risk of harm by securing the support they need, or referring in a timely way to those who have the expertise to help. A clear focus on high-quality staff training which improves staff's pedagogical knowledge. There are clear and effective arrangements for staff development and training on the protection and care of children and learners. Students and staff feel safe and know who to report to when in need of support.	Staff develop the skills necessary to promote physical and mental health. Staff effectively promote positive behaviour within a wider culture of welfare that has regard to identifying and responding to individuals' needs and views. Children's personal and emotional development, including whether they feel safe and are secure and happy is of the utmost priority. Meeting the requirements for children's safeguarding and welfare and there is a shared understanding of and responsibility for protecting children.
Keeping Safe and Carrying On	Supporting learners to develop their character – including their resilience, confidence and independence – and help them know how to keep physically and mentally healthy. Preparing learners for success in their next steps by ensuring that they understand and can manage their emotions.	Students develop their self-esteem, self-confidence and resilience, including an understanding of how to improve their own learning and performance, so that they are well prepared for the next stage of their lives. Learners understand that the decisions they make are important determinants of their own success and wellbeing.

SESSION	LINKS TO OFSTED	LINKS TO ISI
Keeping Safe and Carrying On contd.	Students and staff feel safe and know who to report to when in need of support.	Students know how to stay safe and understand how to be physically and mentally healthy, particularly in terms of a balanced lifestyle. There is the effective promotion of positive behaviour within a wider culture of welfare that has regard to identifying and responding to individuals' needs and views. Children's personal and emotional development, including whether they feel safe and are secure and happy is of the utmost importance. The requirements for children's safeguarding and welfare have been fully met and there is a shared understanding of and responsibility for protecting children. Teaching supports children to acquire the skills and capacity to develop and learn effectively, and to be ready for the next stages in their learning.
The Science of Goal Setting	Providing a curriculum which is designed to give all learners, particularly the most disadvantaged and those with SEND the knowledge and cultural capital they need to succeed in life. Supporting staff and students in developing a range of skills across the curriculum which means that they achieve well. Providing an opportunity to learn a new skill which will prepare them for the next stage of their education, employment or training. Preparing learners for future success in their next steps.	Development of student's study skills and ability to take leadership in their learning. Students are socially aware and are able to work effectively with others, including to solve problems and achieve common goals. The effective promotion of positive behaviour within a wider culture of welfare that has regard to identifying and responding to individuals' needs and views. Teaching supports children to acquire the skills and capacity to develop and learn effectively, and to be ready for the next stages in their learning,

SESSION	LINKS TO OFSTED	LINKS TO ISI
Safeguarding for Young Adults	Supporting learners to develop their character – including their resilience, confidence and independence, and help them know how to keep physically and mentally healthy. Providing a curriculum which is designed to give all learners, particularly the most disadvantaged and those with SEND the knowledge and cultural capital they need to succeed in life. Preparing learners for future success in their next steps. Students and staff feel safe and know who to report to when in need of support.	Learners are socially aware and so are able to work effectively with others, including to solve problems and achieve common goals Students know how to stay safe and understand how to be physically and mentally healthy, particularly in terms of a balanced lifestyle There is the effective promotion of positive behaviour within a wider culture of welfare that has regard to identifying and responding to individuals' needs and views. Children's personal and emotional development, including whether they feel safe and are secure and happy is of the utmost importance. The requirements for children's safeguarding and welfare have been fully met and there is a shared understanding of and responsibility for protecting children.
Everyday Life Hacks	Supporting learners to develop their character – including their resilience, confidence and independence – and help them know how to keep physically and mentally healthy.	The effective promotion of positive behaviour within a wider culture of welfare that has regard to identifying and responding to individuals' needs and views
Zentangle	Supporting learners to develop their character – including their resilience, confidence and independence – and help them know how to keep physically and mentally healthy.	Develop student's knowledge, understanding and skills across the areas of creative education.

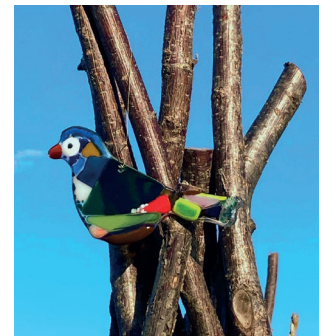
Holistic and Wellbeing Events

The OLLIE Foundation can provide a range of online, in person and off site workshops and activities including crafting, growing and using herbs for wellbeing, community gardening, yoga and mindfulness.

OLLIE provides a range of holistic events and activities that aim to nurture wellbeing and offer moments of self care, mindful reflection or connection. We have a wealth of experienced practitioners who are able to offer workshops ranging from yoga and meditation to bushcraft and forest bathing!

We run a programme of activities at our Community Garden within Sandridge Road Allotments, St Albans. It provides a simple but inspiring space for the whole community to come together. The garden is a regular venue for OLLIE's grief cafe and a range of wellbeing workshops, from herbs for healing or lavender wands, to community mornings where we plant and potter, or chat over a cuppa and slice of cake.

Don't worry if you can't get to our community garden, most of our wellbeing sessions can be brought to your venue. Please contact us to discuss how we can support your next wellbeing event.



Interested in our training, or want to get involved with OLLIE?

Find out more

Click **here** to see our online programme of training

Or visit **www.theolliefoundation.org**

If have any questions about our training, or would like more information please email:

contactus@theolliefoundation.org

Telephone:

07715 311 891

All prices on request

Make a donation

Can you make a donation? It will help provide fully funded places for parents and students to access our support, increasing the number of people trained in suicide prevention and support us to educate and promote good mental health in our communities.

If you would like to donate, please click **here**

Can you fundraise?

Fundraising packs and talks for students are available. Fundraising allows young people to learn transferable skills and do something meaningful for their community.

For more information about how you can get involved, email: **contactus@theolliefoundation.org**



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www.theolliefoundation.org

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