

Person Specification

Job title: Mental Health and Well-Being Trainer

	Essential	Desirable
Experience	<ul style="list-style-type: none"> • Proven experience of delivering training to a diverse range of stakeholders • Working within a teaching/training setting. • Designing, developing and evaluating a wide range of learning interventions 	<ul style="list-style-type: none"> • Working within a mental health setting • Experience of working within the mental health sector and/or experience of supporting people experiencing emotional distress • Accreditation to deliver packages including Mental Health First Aid (England) or Living Works
Knowledge and Understanding	<ul style="list-style-type: none"> • An understanding of the barriers people with mental health difficulties face • An understanding of issues facing employers and employees in relation to mental health • Knowledge of training/teaching/facilitation methods and styles • Knowledge of how to design effective training packages 	
Skills and Ability	<ul style="list-style-type: none"> • High level of oral, written and non-verbal communication skills that engage, challenge and aid the learning of attendees • High level of group facilitation skills and awareness of group dynamics • Solution focussed using initiative to offer new ideas • Organisational and time management skills to manage training schedules, work effectively and meet deadlines and objectives. • Ability to use Microsoft Office (Power Point/Word) effectively • Ability to drive and have use of a car 	

Personal Attributes	<ul style="list-style-type: none"> • Confidence, assertiveness, engaging and approachable in delivery style, including the ability to change your delivery style to compliment the audience. • Personal commitment to improving your own knowledge and skills, including personal reflection. • Willingness and ability to travel across UK (if needed) 	
Qualifications	<ul style="list-style-type: none"> • A recognised training qualification 	