

Hertfordshire Network Training Newsletter

ISSUE NO. 2 | WINTER | 1ST DECEMBER 2023

Introducing the Herts Mind Network Training Quarterly Newsletter!

Over the years, we've been overwhelmed by the incredible interest and support from a diverse range of services, companies, and individuals who believe in the power of continuous learning and personal development. Your enthusiasm has inspired us to create something truly special – a window into the vibrant world of training and learning here at HMN.



Every few months, our newsletter will be your compass, guiding you through a wealth of enriching experiences:

Upcoming Training Courses:

Stay ahead of the curve by exploring the exciting training opportunities we have lined up just for you. Whether it's honing your professional skills or nurturing personal growth, we've got it covered.

Recent Events Updates:

Relive the magic of our recent events! From inspiring workshops to thought-provoking webinars, we'll keep you in the loop on all the fantastic happenings within our vibrant community.

Wellbeing Tips:

We believe that a healthy mind and body are the foundation of success. In this section, you'll discover practical tips, mindfulness exercises, and wellness insights to help you thrive in all aspects of life.

Our newsletter is a canvas for creativity, growth, and connection. It's not just a newsletter; it's an invitation to be part of a community that values learning, progress, and the incredible potential within each of us. Stay tuned for our next newsletter!

- The Training Team

Recent Events

What We've Been Up To:

Working tirelessly for months, we've teamed up with local businesses and organisations across Hertfordshire, delivering crucial mental health training and workshops to teams, employees, managers, and members. From supporting global leaders in sustainable tech, Johnson Matthey, during their safety week to training Watford FC Trust's managers in mental health, we've covered it all!

With the help of Watford Council, we have also created links with a wide range of Watford-based businesses to champion mental health in their workplaces.

We've also worked hard to obtain CPD Accreditation on our most popular courses. Over the next few months we will also be delivering Mental Health First Aid training.

Thank you [Mike Riggins](#) and [Hertfordshire Mind Network](#) for a wonderfully delivered session on Mental Health Awareness.

Great attendance from the team at [Planteria Group](#) #wellbeingatwork #mentalhealth #positivementalhealth



Mental Health First Aider
MHFA England

CPD MEMBER
The CPD Certification Service

Mental Health Awareness in the Workplace for Managers' for the **Watford FC CSE Trust** Senior Leadership Team

Interested in arranging training for your workplace or organisation? Please do not hesitate to get in touch for a free consultation where we can also provide a free workplace wellbeing survey for your staff.

Contact: training@hertsmindnetwork.org to find out more.

Highlight of the Month

Our FREE Online Workshops:

Each month we will be delivering a range of ‘understanding’ workshops based on monthly awareness days:

Understanding Anger & Other Emotions	Thu 11th Jan 2024	2:00pm-4:00pm
From Self-Criticism to Self-Compassion	Mon 4th Mar 2024	11:00am-12:30pm
Mental Health in the Workplace	Mon 29th Apr 2024	11:00am-12:30pm
Managing Anxiety	Mon 20th May 2024	11:00am-12:30pm
Managing Low Mood & Depression	Fri 14th June 2024	10:00am-11:30pm

Each workshop has been written with the influence and participation of those with a lived experience. The workshops aim to develop your understanding of the topic and how to support yourself and others. Each workshop will take place online via Zoom.

**For more information
and how to book:**



Hertfordshire Network Courses Coming Up:

Themes for Winter:

December: Isolation & Loneliness

January: Blue Monday

February: Time to Talk Day / Eating Disorders Awareness Week

Get ready for a December themed around 'Isolation & Loneliness' for the holiday season with a special focus on Christmas.

And brace yourself for 2024 with our focus on Blue Monday, offering training in Motivational Interviewing, Emotional Resilience, Stress Management & Burnout and more...

Then, join us in February for a Mental Health Awareness workshop and a lineup of engaging topics as we celebrate Time to Talk Day and Eating Disorders Awareness Week.



FUTURE UPCOMING COURSES

January:

- Understanding Anger
- Building Emotional Resilience
- Peer Support Academy
- Stress Management & Burnout
- Introduction to Motivational Interviewing

February:

- Mental Health Awareness
- Understanding Autism, ADHD & Neurodiversity
- Peer Support Academy
- Understanding Trauma, PTSD & Trauma-Informed Practice
- Understanding Personality Disorders & EUPD
- Understanding Eating Disorders

Mind Yourself

Financial Wellbeing Unwrapped

As we approach the festive season, in a world where mastering financial well-being feels like navigating unpredictable tides, this month, we're diving into practical and psychological strategies that support our financial well-being.

Before we can learn how to manage our financial well-being, we must first understand what it exactly comprises.

It encompasses managing our current and future finances, our financial security and having the means to cover essentials and navigate unforeseen expenses. Most importantly, it also comprises our individual sense of security and control, knowing what makes us happy and appreciating the non-monetary things in life. Our mental health and finances are inextricably linked.

What can we do?

- **Purposeful Budgeting:** Examine your spending habits, review your finances, and pinpoint areas for adjustment.
- **Seek Support:** Remember, you're not alone; numerous organisations and resources offer dedicated support and guidance.
- **Mindful Spending:** Opt for sustainable choices and appreciate the things you have.
- **Steady Planning:** Outline your goals step by step, be specific, and put pen to paper.
- **Differentiate:** Recognise what's within your control, what you can influence, and what you cannot. Channel your energy into what's manageable.
- **Christmas Considerations:** Stay mindful during the holiday season. Set boundaries, consider family-oriented gifts, or explore DIY options.
- **Lastly, Be kind to yourself, keep calm and carry on.**

For further insights and support : [Mind - Money and Mental Health](#)



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Take care
OF
YOURSELF