

Mental health Skills Bootcamp

90% funded training sessions by WECA

Training sessions tailored for SME's in the region.

Rise HR are excited to be teaming up with Gloucestershire College to deliver Mental Health Skills Bootcamp training sessions over a 12 week period.

Including approx. 60 hours of practical education and learning to help improve wellbeing in the workplace and create healthy workplace cultures.



Jan
2026

Get in touch with us today to **reserve your space!**



0844 854 6704



www.risehr.co.uk



hello@risehr.co.uk

All about the Mental Health Skills Bootcamp

What are the core learning objectives?

- Implementing strategies to improve mental health at work.
- Self-awareness, personal resilience and building healthy boundaries at work.
- Developing a healthy workplace culture that promotes effective productivity.
- Dealing with Mental Health crisis situations at work.
- Understanding Employment law and Duty of Care requirement on employers relating to Mental Health.

Who is eligible to attend the course?

- The learner/employee is to be based in South Gloucestershire/WECA region OR the employer's postcode to fall in this region.
- To commit your employee to one day or half a day's learning a week (for up to 12 weeks), a mix of onsite and remote learning.

How is the course structured?

There will be a mix of remote and F2F workshops, case studies, reflection and CDP Logs.

F2F sessions will be held at Engineers House in Bristol (free parking) and include a light lunch and refreshments.

How much does it cost?

We are lucky enough that this course is **90% funded by WECA**. The fee is **£400 per person** (normally £4000).

WEST | MAYORAL
OF ENGLAND | COMBINED
AUTHORITY



To enrol or find out more, e-mail: Samantha Flynn: samantha.flynn@gloscol.ac.uk from Glos College to **reserve your space today!**

Mental Health Skills Bootcamp: Course Outline

Date & Time	Location	Subject
13 Jan 2026 9am - 1pm	Online	Welcome, course objectives and expectations.
16 Jan 2026 9am - 5pm	F2F: Engineers House, Bristol, BS8 3NB	Understanding mental health
23 Jan 2026 9.30am. - 1pm	Online	Action learning set
29 Jan 2026 9.30am - 4.30pm	F2F: Engineers House in Bristol, BS8 3NB	Effective communication and empathy. Personal resilience and boundaries at work.
6 Feb 2026 9am - 1pm	Online	Developing a healthy workplace culture
10 Feb 2026 9.30am - 4.30pm	F2F: Engineers House in Bristol, BS8 3NB	Managing conflict situations
27 Feb 2026 9am - 1pm	Online	The legal responsibilities
5 March 2026 9.30am - 4.30pm	F2F: Engineers House in Bristol, BS8 3NB	Responding to crisis situations
13 March 2026 9.30am - 1.30pm	Online	Action Learning set
19 March 2026 9.30am - 4.30pm	F2F: Engineers House in Bristol, BS8 3NB	Becoming a champion of healthy, fun, workplace practices
27 March 2026 9.30am - 1.30pm	Online	Action Learning Set

Together we can make a difference.

Together we can create change. This is a unique opportunity for local SME's to help improve stress at work, create healthy workplace cultures and make a difference - in an affordable and accessible way.

**Jan
2026**

Meet the Mental health bootcamp trainers



Gina Childs
Training team



Georgina Read
Training team



Sherry Jacobs
Training team

Reserve your space today

Spaces are limited. To book on this course please get in touch with Samantha from Gloucestershire College.



samantha.flynn@gloscol.ac.uk

Mental Health Skills Bootcamp course, tailored for SME's in the region. Giving you practical tools to manage real workplace challenges, build resilience, and create lasting change.