

KRTS INTERNATIONAL LTD.
Training Brochure

Trauma in the workplace: Resilience and recovery

This 1 day CPD certified course is for people who may encounter a potentially traumatic (or critical) incident at work. You will learn about the psychological and physiological response to workplace trauma (whether from a single event or cumulative, chronic trauma) and about post trauma reactions.

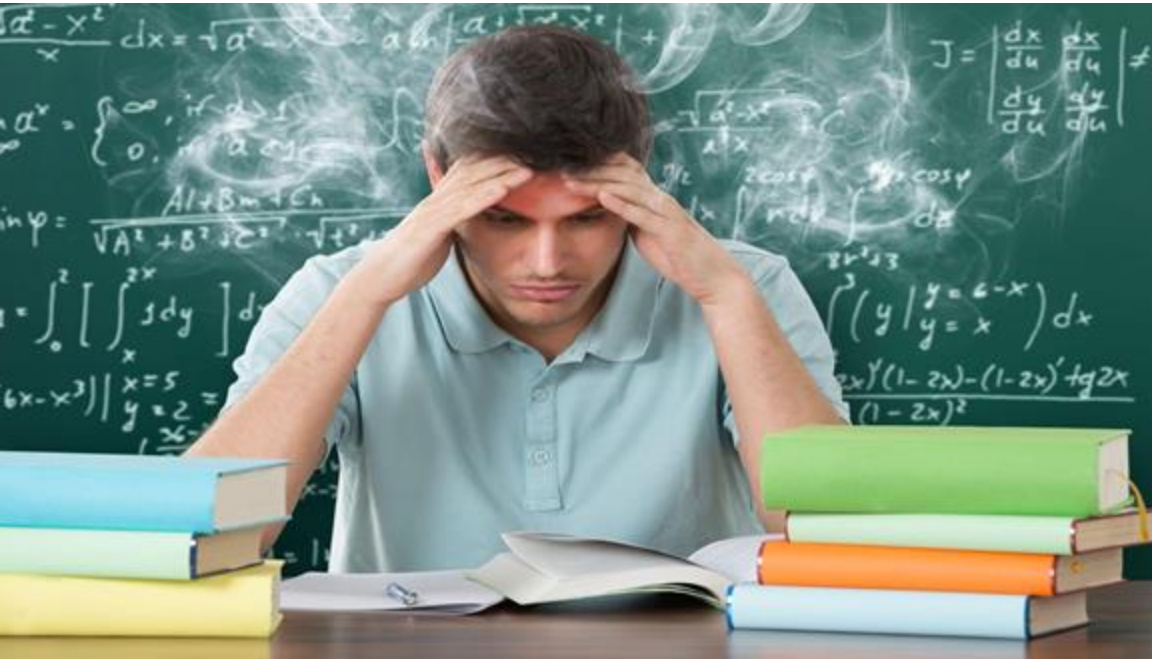
Objectives of the course

- To understand the body and brain's response to severe threat (acute and prolonged)
- Be aware of the signs and symptoms of post-traumatic stress
- Be aware of self-help strategies to facilitate recovery
- Be aware of strategies to maintain their resilience
- Recognise when professional support should be accessed.

For further information or to show interest in this course, please see the contact us page that can be found at the back of the brochure.



A teacher's guide to surviving stress



This course is a stress management toolkit for school and college staff and leaders. Teachers face growing pressures as part of their role yet there is a lack of individual, tailored support available to manage workplace stress in a healthy and productive way.

- The course will teach participants about the human stress response and recovery from acute or chronic stress situations
- It will explain in easy to understand terms, the psychological and physiological response to high stress levels in a way that they can relate to in their specific workplace setting..
- The course will empower participants to take control of their reaction. It will teach a range of strategies that are effective in managing the majority of reactions which can be used from a self-help perspective or to help others.

PERFORM

Protective response explanation
Exploration of symptoms
Resetting the alarm system
Forming different relationships with colleagues and students
Operating in your stretch zone not your panic zone
Recovery strategies
Making small steps

UK statistics reveal a huge need for support



Of school and college staff and leaders surveyed said they had experienced psychological, physical or behavioural symptoms because of work. This is significantly higher than the UK working population overall.



of people said they had experienced panic attacks.

Over
50%

of people had suffered from insomnia and difficulties sleeping.

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Supporting employee mental health from a distance

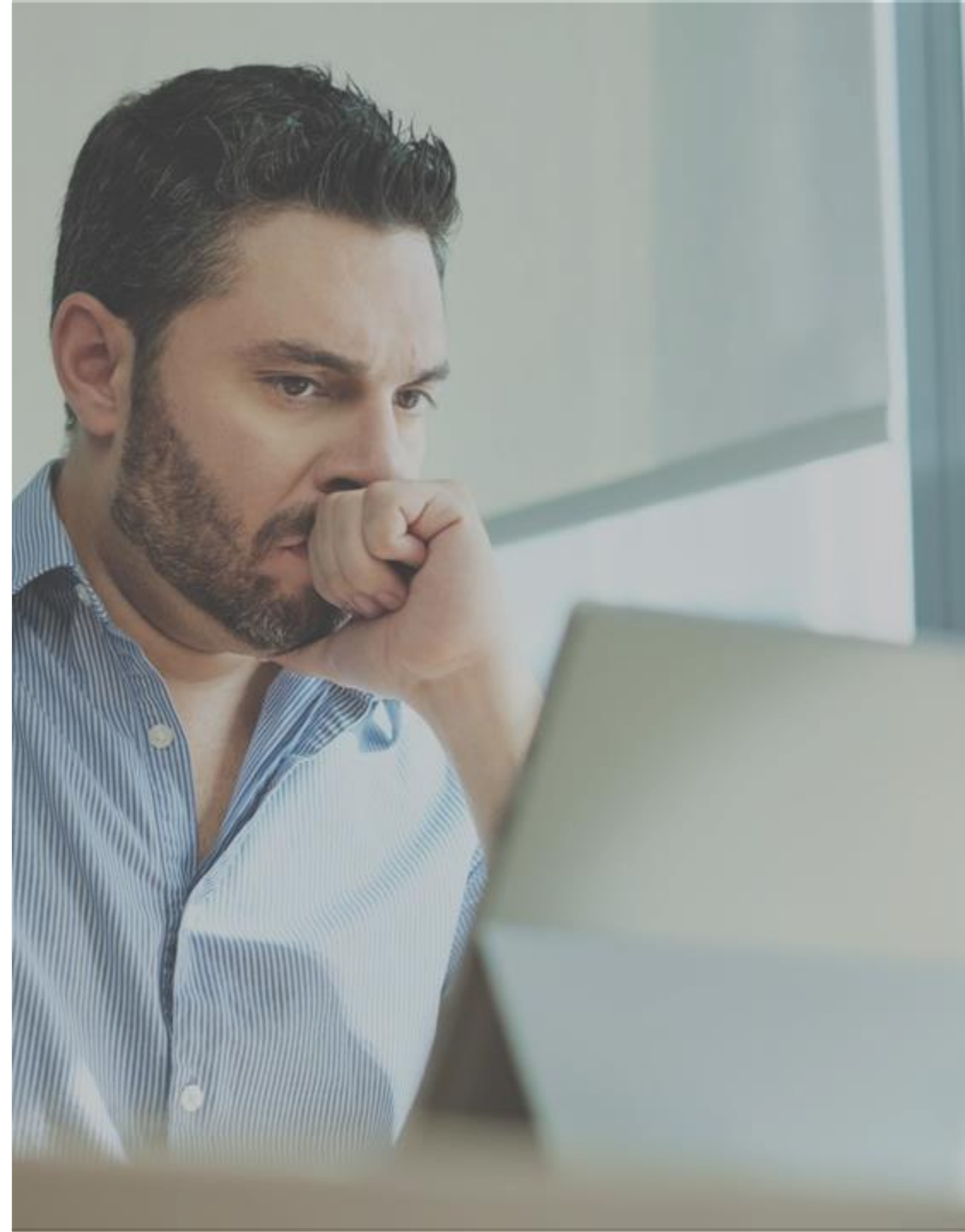
During COVID-19, many employees had to quickly adapt to working from home and faced new challenges and unexpected pressures along with a reduction in the support of their work colleagues. Home working is likely to continue for many organisations and, although it has advantages, there are also difficulties when it comes to monitoring and supporting employee mental health.

This course was designed by experts in crisis mental health to help managers and team leaders support the emotional wellbeing of their teams in a safe, structured way. It can be all too easy to put mental health at the bottom of the list and just focus on the job. However, with mental health problems becoming ever more prevalent this is the time when it needs to be prioritised more than ever before.

Course objectives

- At the end of the course, learners will be aware of
- Why the varied changes resulting from adapting to the COVID-19 crisis are having such a big impact on home workers' mental health
- The signs of emotional distress and the 3 phases of an emotional crisis
- The helpful things they can do as part of this process
- The unhelpful things to avoid in order to safely use the process
- What further support is available to them and how / when to access this.

For further information or to show interest in this course, please see the contact us page that can be found at the back of the brochure.



Building Emotional resilience: training in your hand at the precise moment you need it



For further information or to show interest in this course, please see the contact us page that can be found at the back of the brochure.

Our App-based training course is available 24/7 in bite-size pieces - access the most relevant information at the right moment.

This course works to:

- Strengthen individual emotional intelligence
- Build team cohesion
- Reduce interpersonal and intra-team friction
- Prevent escalation of problems
- Facilitate helpful and healthy actions at an early stage
- Increase resilience and build healthy cultures
- Restore individual resilience after a crisis
- Empower peers to support each other during and after emotionally challenging event



I wish I had learnt this years ago,
I could have dealt with this so
differently!

The activities really made me
think outside of the box ... things
are not always as they appear to
be and we need to take many
other factors into consideration.

I feel that I have more tools at
my disposal to recognise some
signs and to start a
conversation/do a check-in. I also
know what not to say which is
really important!

I found it easy to follow,
informative and thought
provoking. I dipped in and out of
it depending on gaps I had in my
work but was able to carry on
where I left off without any
problems.



I liked having the interactive
sessions after we had completed
the relevant modules. It meant
we could clarify what we had
learnt and ask any questions



I already have a lot of experience
working with trauma however I
was very impressed by how clear
and easy to follow this course
was. It demystified a lot of
misconceptions about how to
therapeutically support after
trauma.

I have thoroughly enjoyed this
learning experience. The short
films were informative without
being too heavy. I think that the
short modules worked well for me
and having the activity or quiz at
the end of the module was useful
to check learning.

What people say about our courses...

Anyone Can Deliver Facts – Our Expertise Helps Us Change Attitudes

We set out to deliver context-based training that helped organisations to properly understand the impact of crisis and trauma. And most importantly ... the rationale behind the actions they can take to reduce the impact.

We understand that organisations want to know how to:

- Dovetail training solutions into their overall processes
- Avoid taking a fragmented approach to resilience
- Maximise their existing resources
- Empower managers and build skills across the organisation

Our courses can be delivered as:



On demand: modular, digital learning at a time and pace to suit individual learners.



Blended: adding live, expert, virtual sessions to bring a bespoke, interactive group dynamic to your OnDemand course.



Face to face: traditional training delivered in-house to your organisation.

Contact Information

Our experience in training:

KRTS International directors Dr Liz Royle and Chartered Psychologist Cath Kerr have drawn on over 40 years combined experience in the field of crisis and traumatic stress to create our comprehensive service, including strategic consultancy, training and eHealth programmes.

Our mission is to help organisations manage the impact of challenging and distressing events, whatever the cause, and regardless of whether it has affected one or many.

We would like to hear from you!

For more information, please contact us via one of the following methods.



<https://krtsinternational.com/>



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