



# TRAINING AND WORKSHOPS

By The OLLIE Foundation.

## Virtual Programme

### KEEPING SAFE AND CARRYING ON

Guides you through the neurobiology of emotion, exploring how the brain and body processes thoughts and feelings and considers stress as an inbuilt safety feature. Delegates will consider a range of tips and strategies to better manage that safety feature when it goes rogue!

90 mins. Suitable for all

### THE SCIENCE OF GOAL SETTING

For BIG aspirational goals or those darkest fears that are holding you back, 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

2.5hours. Suitable for all.

### HISTORY, LANGUAGE AND SUICIDE

Designed for older teens and adults, this session provides a safe place to start a conversation with those who may know nothing about such things, or are tragically too familiar with the idea of suicide.

This session brings to tackle some of the myths and misconceptions around suicide and explores how we can maintain our personal boundaries when helping others. Delegates will be supported to challenge their preconceptions and think critically around the subject bringing by considering the very latest research and understanding around suicide and suicide prevention.

45-90 mins. Aged 14+

### ZENTANGLE

Enjoy this online mindful drawing session and enjoy 90 minutes of calm, regardless of artistic ability, creating a unique and beautiful piece of art. Led by a certified Zentangle teacher, participants consider that there are no mistakes, only opportunities, that we are all unique and we can all create something beautiful.

60-90mins. Suitable for all

### TALK SAFE PLAN SAFE

A Suicide Awareness and Prevention Talk to leave delegates more confident to support others 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.

2.5hours. Aged 17+

### TALK SAFE

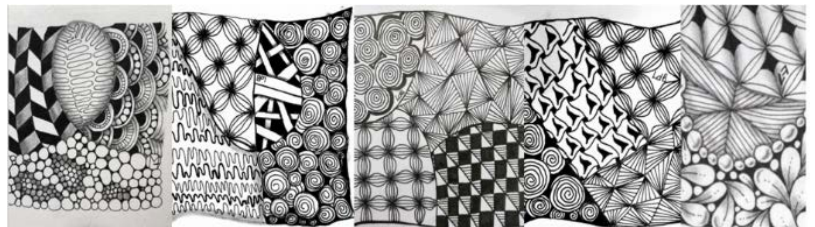
This talk explores who may be at higher risk of suicidal behaviour, how our language can help or hinder and what can prevent someone from asking for help and what can get in the way of feeling confident to offer help.

90 mins. Aged 17+

### PLAN SAFE

A highly practical session where delegates will learn how to create a bespoke Safe-plan with someone they are concerned about, and support them plan how they will stay from overwhelming thoughts, tonight, over the weekend, across the holidays, until counselling starts etc. This session provides a useful CPD extension for professionals and provides a great refresher for anyone who has already completed training in suicide prevention and a comprehensive starting point for those who have not.

90 mins. Aged 17+



# Community Giveaways

## ● PLANTING THE SEED

This mini-curriculum introduces the ideas of wellbeing and goal setting to a primary-age audience through the simple activities of planting, nurturing, and growing a sunflower seed.

This project is designed to develop a range of key skills including numeracy, literacy, and creativity, whilst facilitating conversations and reflections with students about their wellbeing.



## ● BENCHMARKS

This 6-minute film written by William Grave and starring Emmerdale's Bhasker Patel, considers 'what would you say to your younger self' from the perspective of someone who is in emotional crisis.

Winner of Best Short at The London Independent Film Festival 2021 & nominated for best screenplay at the Papaya Rocks Film festival, Benchmarks is about a 30 something man who has a conversation with his 10- and 70-year-old self. The OLLIE Foundation has created a free curriculum resource to accompany the film for secondary schools and colleges.



## ● GUIDANCE FOLLOWING A SUDDEN DEATH - FOR EDUCATIONAL SETTING

Whilst we hope that no educational setting will ever need the guidance in this document, this has been created to help you respond safely and appropriately should somebody in your school's community attempt or die by suicide.

"Guidance for Educational Settings Following a Suicide or Sudden Death" is a comprehensive document, co-created by The OLLIE Foundation and Tooled Up Education, that will support teams to create policies and procedures for their setting or to refer to in the event of a suicide or sudden death in their community.

