



The OLLIE Foundation supports young people to improve and maintain their wellbeing and keep safe from suicidal thoughts via training and talks. Our online sessions always offer fully funded places for students. Please feel welcome to join any of our free online training and events to support your wellbeing and mental health.

THE SCIENCE OF GOAL SETTING

2

Hours

This upbeat session explores the science of goal setting. Goals are great, but if you don't know how to reach them, they remain simply dreams. This session guides you through scientifically proven methods that will support you in reaching even your most aspirational goals.



KEEPING SAFE AND CARRYING ON

90

Mins

This talk will guide you through how our brains process emotions such as fear, anger and worry, and how that process starts a chain reaction of physical responses that can keep someone trapped with their worries. Like any system, when we understand how it works we are better able to stay in control. So come and learn about your amazing survival system and learn lots of tips and strategies to calm the system and control overwhelming thoughts.

Turn over to find out more about OLLIE and the dedicated work we do.

TALK SAFE, PLAN SAFE- SUICIDE PREVENTION TRAINING

2.5

Hours

Join us to explore how to maintain your own boundaries whilst effectively supporting someone in crisis. You will learn how to create a safe-plan with someone you are concerned about with clear guidance on appropriate/ inappropriate language to use so you can keep someone safe 'for now'. This session aims to leave you confident to support others experiencing an emotional crisis where suicidal ideation may be present.

Also now available as 2 separate 90 minute sessions

ZENTANGLE MINDFUL DRAWING WORKSHOP

90

Mins

These online sessions provide 90 minutes of calm where participants can enjoy, regardless of artistic ability, creating a unique and beautiful piece of art. Led by a certified Zentangle teacher, delegates will consider that there are no mistakes, only opportunities, that we are all unique and we can all create something beautiful.



Did You Know?

OLLIE stands for

ONE LIFE LOST IS ENOUGH

The OLLIE Foundation is a suicide prevention charity, set up in 2016 by three Hertfordshire parents who had each lost a son to suicide. We provide wellbeing, prevention and intervention events, training, talks and panel events for professionals, parents and students.

Our mission is to reduce the incidence of suicide, particularly amongst young people.

HOPE THROUGH ACTION

Hope is vital and we aim to provide it through a range of activities - training, talks, thought leadership panel events, grief cafes and mindful art sessions; we even run a community garden. Creating hope through meaningful action, we aim to support and empower individuals and communities.

If you would like to bring OLLIE into your community with in-house training and talks, please do get in touch with us.

General enquiries

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Corporate enquiries

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University enquiries

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Call

07715 311 891

ONE LIFE LOST IS ENOUGH

JOIN OUR ONLINE COMMUNITY



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Join our monthly newsletter and see a calendar overview of our training and events at our website:

www.theolliefoundation.org