

Hertfordshire Network Training Newsletter

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Introducing the Herts Mind Network Training Quarterly Newsletter!

We are thrilled to unveil our very first Herts Mind Network training newsletter, designed with YOU in mind.

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

Highlight of the Month

Our Brand New Course: 'Understanding Anger'

Our most popular wellbeing course for individual learners is back.

When is it?

- 4 Week Course
- Every Friday
- 13th October - 3rd November
- 10:30am - 12:30pm

Cost?

- £35 per person for the whole course

This course will take place over Zoom and learners will be provided with joining instructions and a handbook.

This workshop is for anyone who would like to understand anger and to learn different ways in which to manage anger more effectively.



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



Hertfordshire Network Courses Coming Up:

September's Theme: Suicide & Bereavement Awareness

With Suicide Prevention Week taking place from 10th - 17th September, we have a range of training sessions available throughout the month:

- Spot The Signs Suicide Prevention Training (FREE TRAINING)
- Understanding Neurodiversity
- Understanding Trauma, PTSD & Trauma-Informed Practice
- Medication & Mental Health
- Hoarding & Mental Health



FUTURE UPCOMING COURSES

October:

- Menopause & Mental Health
- Mental Health Awareness in the Workplace

November:

- Managing Stress & Burnout
- Understanding Trauma
- Mindfulness & Relaxation
- Understanding Neurodiversity

Mind Yourself

Managing Your Work-Life Balance

As we come to the end of the Summer season and the impending arrival of longer nights, our focal point for this month's segment is the important interplay between professional commitments and personal life. The concept of work-life balance serves so much more than just a trendy saying and pretext for complacency.

Instead, it represents a cognitive state wherein we can thrive and flourish across all aspects of life without sacrificing one for the other.

Given the abundance of choices and opportunities that life presents, the prospect of where to start can be overwhelming. It is, however, pivotal to recognise the fact that cultivating balance does not require a radical upheaval of your current lifestyle. Small things and changes really do matter and can transform over time.

Our tips for this month are:

- Recognise what is stressful and helpful in your workplace
- Eat lunch away from your desk
- Set and enforce clear boundaries between your work and home life
- Create transitions, for example, go for a walk, or meet a friend between finishing work and going home
- Remember to take breaks and find time for yourself to do something you enjoy
- Speak to someone you trust

Mental health matters.



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Take care
OF
YOURSELF