**Person Specification**

**Job title: Mental Health and Well-Being Trainer**

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|  | **Essential** | **Desirable** |
| **Experience** | * Proven experience of delivering training to a diverse range of stakeholders * Working within a teaching/training setting. * Designing, developing and evaluating a wide range of learning interventions | * Working within a mental health setting * Experience of working within the mental health sector and/or experience of supporting people experiencing emotional distress * Accreditation to deliver packages including Mental Health First Aid (England) or Living Works |
| **Knowledge and Understanding** | * An understanding of the barriers people with mental health difficulties face * An understanding of issues facing employers and employees in relation to mental health * Knowledge of training/teaching/facilitation methods and styles * Knowledge of how to design effective training packages |  |
| **Skills and Ability** | * High level of oral, written and non-verbal communication skills that engage, challenge and aid the learning of attendees * High level of group facilitation skills and awareness of group dynamics * Solution focussed using initiative to offer new ideas * Organisational and time management skills to manage training schedules, work effectively and meet deadlines and objectives. * Ability to use Microsoft Office (Power Point/Word) effectively * Ability to drive and have use of a car |  |
| **Personal Attributes** | * Confidence, assertiveness, engaging and approachable in delivery style, including the ability to change your delivery style to compliment the audience. * Personal commitment to improving your own knowledge and skills, including personal reflection. * Willingness and ability to travel across UK (if needed) |  |
| **Qualifications** | * A recognised training qualification |  |