**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
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| **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
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| **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
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| **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)
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| **Qualifications** | * A recognised training qualification
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