

Listening Skills and Emotional Health - Digital Course

This course is open to any employee currently working in an NHS commissioned mental health telephone response service (i.e. MH crisis response or 999/ 111 call handlers) and individuals working in associated organisations.

The Listening Skills and Emotional Health digital course is being delivered for Health Education England by Samaritans.

The aim of this course is to help you to develop your active listening skills – and to take care of your own emotional health too!

Specifically, the course will help you to

- Assess your own and others' emotional health using the Emotional Health Scale.
- Use active listening skills to have supportive and effective conversations.
- Signpost people to sources of additional support.
- Consider ways to take care of your own emotional wellbeing.

The course is two and a half hours duration. It is led by an expert Samaritans facilitator and uses a variety of tools to encourage interaction and group learning.

The course times are:

AM: 9:30am-12:00pm

PM: 1:30pm-4:00pm

To secure your place please click on one of the links below, selecting your preferred date and time, this will take you to an Eventbrite booking page. If you require any further information, please contact externaltraining@samaritans.org

Please note: Failure to attend or cancel a booked place will exclude you from future applications.

29th November 2021 – 09:30 – 12:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-201679588077>

29th November 2021 - 13:30 – 16:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202446311367>

30th November 2021 – 09:30 – 12:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202447264217>

30th November 2021 - 13:30 – 16:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202448176947>

1st December 2021 – 09:30 – 12:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202448718567>

1st December 2021 – 13:30 – 16:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202449179947>

2nd December 2021 – 09:30 – 12:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202449741627>

2nd December 2021 – 13:30 – 16:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202449771717>

3rd December 2021 – 09:30 – 12:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202450343427>

3rd December 2021 - 13:30 – 16:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202450383547>

6th December 2021 – 09:30 – 12:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202452198977>

6th December 2021 – 13:30 – 16:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202452800777>

7th December 2021 – 09:30 – 12:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202452921137>

7th December 2021 – 13:30 – 16:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202453372487>

8th December 2021 – 09:30 – 12:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202454275187>

8th December 2021 – 13:30 – 16:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202453863957>

9th December 2021 – 09:30 – 12:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202455518907>

9th December 2021 – 13:30 – 16:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202454255127>

10th December 2021 – 09:30 – 12:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202455819807>

10th December 2021 – 13:30 – 16:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202457414577>

13th December 2021 – 09:30 – 12:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202457565027>

13th December 2021 – 13:30 – 16:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202457835837>

14th December 2021 – 09:30 – 12:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202458086587>

14th December 2021 – 13:30 – 16:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202458267127>

15th December 2021 – 09:30 – 12:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202458497817>

15th December 2021 – 13:30 – 16:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202458578057>

16th December 2021 – 09:30 – 12:00 - <https://www.eventbrite.co.uk/e/listening-skills-and-emotional-health-digital-course-tickets-202458919077>