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Description automatically generated

OCN Level 1 Developing Emotional Resilience – 1 credit, 8GLH

This training up-skills its participants to understand emotional wellbeing and build resilience for their own mental health. It discusses a range of topics including stigma, signs and symptoms of mental ill health, coping strategies, engaging with others about mental health, supports, and self-care.

Who is it suitable for?

This training is suitable for everyone – employees and employers, clients and service users or group participants.

What is the format?

The training is an endorsed online eLearning programme. You will have your own login, to complete the course and the online assessments.

Why choose this program?

You will learn online with support from a dedicated tutor and you will achieve a nationally recognised qualification.

Learning outcomes:

As a result of completing this program, participants will achieve:

• A greater understanding of signs and symptoms of poor emotional wellbeing and the impact of mental health

• Skills to build their own emotional resilience and support the resilience of others

• Increased confidence in being able to engage about emotional wellbeing

• A reduction of stigma and removal of negative viewpoints regarding mental ill health

This course fee for NAPA members\*\* is just £49.99 per student. For non-members it is £100 per student.

\*\* Your NAPA membership must be valid to qualify for the discounted rate.

The NAPA Team

Please turn to next page for application form

**Level 1 Application form - NAPA sends ALL invoices by email, please complete the following information:**

|  |  |
| --- | --- |
| **Name of care setting:** |  |
| **Organisation:** |  |
| **Address, including postcode:** |  |
| **Telephone number:** |  |
| **NAPA Membership number and expiry date**  **This MUST be where the student works:** |  |
| **Invoice address, if different to above:** |  |

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| **Email address for invoice:** |  |
| **Purchase Order Number (if applicable :)** |  |

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| **Name of Student** | **Email address (this will be used to register them with OCN)** |
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**Please invoice me for either: £49.99 (NAPA Member rate) or £100 (Non-member rate) per student (DELETE AS APPLICABLE)**

***Once payment has been received, course log on details will be emailed directly to the student***

|  |  |
| --- | --- |
| **Signed:** |  |
| **Print name in full:** |  |
| **Management Position:**  **Date:** |  |

The information given on this form will be used to process the application, and for contact whilst the student is on the course. This form will be destroyed one month after full course certification.