



Well-being Supporter Application

MIndful Manchester

The Insurance Institute of Manchester (IIM) have teamed up with Create Solutions Ltd and are offering you the chance to join a Mental Health Awareness Training course specifically designed to give volunteers the skills and knowledge to recognise a wide range of mental health conditions. It is a certified (NUCO Ltd) and those who complete the course will receive a certificate.

You will know how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. Also includes how to recognise and manage stress and understand other mental health conditions. You will also learn about starting a conversation around mental health and look at ways to implement a positive mental health culture in the workplace.

Certificate received once completed will be:

FAA Level 1 Award in Awareness of First Aid for Mental Health.

We are looking for people who have an interest in being part of our MIndful Manchester Programme.

With this programme you will become a Well-Being Supporter with the intention that you would be contactable to offer support to Institute members. The programme would also offer our members various CPD sessions and wellbeing activities and events.

Points to Consider:

- This programme is for CII members in the Manchester area.
- You need to be serious and committed to attaining this qualification. We are only taking a small number of people on this course and want them all to pass and be confident in their role. Ideally, we would expect the individual to offer their skills as a Well-Being Supporter for at least 12 months.
- You are expected to attend all the training sessions and dates are given in advance. We fully appreciate that you will have a busy job and life, but these dates will not be rearranged.
- A copy of photographic ID will need to be provided for the training company.
- All training sessions will be held online via Zoom and joining instructions will be sent directly to attendees. Commitment will involve four x 1-hour sessions (please allow 1hr 15mins per session in your diary), registration form and an assessment.
- Once trained, a Confidentiality Policy will be issued and expected to be acknowledged, agreed and signed. You will also receive an email address for contact purposes.
- The training sessions will start mid-June 2020.



Well-being Supporter Application MIIndful Manchester

Applicant Information	
First Name:	
Surname:	
CII PIN:	
Area of Work:	
Current Position:	
Company Name:	
Company Address:	
Postcode:	
Telephone:	
Mobile:	
Email:	
Brief career history (no more than 100 words):	



Course Interest (no more than 200 words)

A brief overview of why you would like to take part in this course and why it is important to you.

What have been the biggest challenges you have faced, are there any mental health experiences you wish to share? (no more than 200 words)

A brief overview of any difficulties faced or challenges you have experienced so far (*Optional question*)



Do you have support from your line manager and company? (no more than 200 words)

If not, how are you going to manage this situation to ensure you can attend the course and offer support.

Personal Statement (no more than 200 words)

Please explain your personal commitment to the course & why you feel you should be considered.



Applicants to the programme agree that the IIM can contact them with details of events that they believe could be of interest to them and to send them surveys related to the programme. Successful applicants' details and photographs taken at events may be used in press releases and other media by the IIM and the Chartered Insurance Institute.

I declare that the contents of this declaration form are true to the best of my knowledge

Applicant's Signature:

Date:

The closing date for applications is Friday 5th June 2020

Email your completed form to lii.manchester@cii.co.uk.