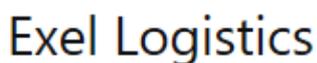




Atma CPD provides training and support to organisations, businesses and charities on a wide range of mental health and personal development topics. Atma CPD is different – our principles are experts in mental health, counselling and coaching, as well as having significant senior level experience in public, private and third sector organisations.

Mental health issues cost the UK economy £34.9 billion through sick leave, reduced productivity and replacing staff. By equipping managers with the tools to better support staff and giving staff the tools to appropriately support themselves you are contributing to reducing sickness absence across your workforce, increasing productivity levels, saving money and securing a workplace that values its employees.

We have delivered training and coaching to:



What our delegates have to say about us

“I learned so much the training was excellent thank you”

“The training was a nice mix of interactive tasks and ideas to use in practice”

Thank you for all your hard work”

“The workshop was very useful loved it”

About us

Edwina Hawkrige BA, Dip Couns, MBACP

Edwina is a qualified and experienced counsellor and trainer with a background in the police and public sector.

Principal Qualifications

- Diploma in Therapeutic Counselling (Counselling and Psychotherapy Central Awarding Body)
- Master Practitioner Diploma in Eating Disorders, Obesity and Weight Management (National Centre for Eating Disorders)
- Certificate in Counselling Studies (Counselling and Psychotherapy Central Awarding Body)
- BA (Hons) Sociology and Criminology.

Kay Hoggett BSc, PGDip, Dip Couns, MBACP, MAC

Kay is a qualified and experienced Counsellor, coach and trainer with a background in the corporate sector and management consultancy.

Principal Qualifications

- Diploma in Therapeutic Counselling (Counselling and Psychotherapy Central Awarding Body)
- Post graduate Diploma in Coaching (University of East London, Psychology Department)
- NLP Practitioner Diploma (certified by John Grinder, NLP co-founder)
- Certificate in Counselling Skills (Counselling and Psychotherapy Central Awarding Body)
- Master Practitioner Diploma in Eating Disorders and Obesity (National Centre for Eating Disorders).

Mental Health Training

Awareness in Mental Health for Managers		Awareness in Mental Health for Employees	
Full Day Course (6 hours)	Half Day Course (3 hours)	Full Day Course (6 hours)	Half Day Course (3 hours)
Risk Factors & Warning Signs of ill Mental health such as anxiety depression, OCD and addiction	Risk Factors & Warning Signs of ill Mental health such as anxiety depression, OCD and addiction	Risk Factors & Warning Signs of ill Mental health such as anxiety depression, OCD and addiction	Risk Factors & Warning Signs of ill Mental health such as anxiety depression, OCD and addiction
How to recognise ill mental health in your team	How to recognise ill mental health in your team	How to recognise ill mental health in your self	Strategies for boosting resilience
Strategies for boosting your own and your team's resilience	Strategies for boosting your own and your team's resilience	Strategies for boosting your own and your team's resilience	How to prevent and manage ill mental health
How to prevent and manage ill mental health	How to prevent and manage ill mental health	How to prevent and manage ill mental health	Identifying when extra support is needed for you and team members and where to signpost to
Identifying when extra support is needed for you and team members and where to signpost to	Identifying when extra support is needed for you and team members and where to signpost to	Identifying when extra support is needed for you and team members and where to signpost to	
How to create a mental health action plan		How to create a mental health action plan	
How to facilitate a therapeutic meeting		How to facilitate a therapeutic meeting	
Resources pack and safeguarding checklist		Resources pack and safeguarding checklist	
CPD certificate		CPD certificate	

Stress Management & Building Resilience Training

Stress Management Training	
Full Day Course (6 hours)	Half Day Course (3 hours)
How to recognise stress in yourself and others including physical and mental signs and symptoms	How to recognise stress in yourself and others including physical and mental signs and symptoms
Physical and mental warning signs and symptoms	Physical and mental warning signs and symptoms
Modern day stresses & your stress bucket	Modern day stresses & your stress bucket
Strategies for managing work-related stress	Strategies for managing work-related stress
Strategies for managing personal stress	Strategies for managing personal stress
Nutritional guidance on food and how it impacts productivity, mood and energy levels	
Self-care, what it is and its role in stress management	
Resources pack	
CPD certificate	

Building Resilience Training	
Full Day Course (6 hours)	Half Day Course (3 hours)
What is resilience	What is resilience
How to identify if resilience is low	How to identify if resilience is low
How to avoid feeling overwhelmed	How to avoid feeling overwhelmed
Building Resilience and bouncing back	Building Resilience and bouncing back
How to keep adding to your resilience pot	
Mindfulness and NLP techniques	
Resources pack	
CPD certificate	

Food, Mood & Boosting Productivity Training

Food & Mood & Boosting Productivity	
Full Day Course (6 hours)	Half Day Course (3 hours)
Exploring Mental Health & Nutrition	Exploring Mental Health & Nutrition
How to tune into your natural energy	Better understanding of good nutrition
Better understanding of good nutrition	How to boost productivity through food choices
How to boost productivity through food choices	Food - myth busting and forgetting fads
Boosting your mood and avoiding toxic environments	
How what we eat affects the body	
Food - myth busting and forgetting fads	
Resource Pack	
Planning Checklist	
CPD certificate	

Training for Managers

Active Listening for Managers	
Full Day Course (6 hours)	Half Day Course (3 hours)
What is Active Listening	What is Active Listening
Why is it important	Why is it important
Key things to be aware of	Key things to be aware of
How to pay attention to body language	How to pay attention to body language
How unconscious bias can creep in	
How to obtain the information you need without being directive	
Active listening skills practice	
Resources pack	
CPD certificate	

Managing People Effectively	
Full Day Course (6 hours)	Half Day Course (3 hours)
Understanding your team's psychological processes	Understanding your team's psychological processes
How to utilise each team members strengths	How to utilise each team members strengths
How this can help you succeed	Dealing with personality clashes
Dealing with personality clashes	
How to reflect on your own pattern of relating	
Assertiveness Skills	
Resources Pack	
CPD certificate	

Training Prices

All training is bespoke and can be adapted to meet your organisations needs. Training is normally a mixture of taught learning, experiential learning and group work.

Half day course is £400 for 8 delegates to attend. Additional delegates charged at £40 per person up to a maximum capacity of 20 people.

Full day course is £750 for 8 delegates to attend. Additional delegates charged at £75 per person up to a maximum capacity of 20 people.

Discounts are available for multiple bookings paid in advanced.

One to One Coaching Packages

Coaching is a highly effective way to support your people in their personal development. It builds self awareness and supports your people to:

- Improve performance and productivity
- Develop and enhance leadership and teamwork capability
- Increase confidence and self-esteem
- Sharpen focus and strengthen motivation
- Navigate complex decision making
- Reduce stress and anxiety
- Improve professional relationships
- Change unhelpful attitudes and habits

Six 90-minute sessions of coaching (suitable for one person) is priced at £900

Contact us

If you would like any further information or are interested in booking an Atma CPD course for your business get in touch to request a booking form.

Email: info@edwinahawkridgecounselling.com

Telephone: 07784 105769.