

DIFFUSION

TRAINING AND CONSULTANCY BY



WHO ARE OTR?

OTR is a mental health social movement by and for young people in Bristol, South Gloucestershire and North Somerset. We offer a variety of continuing professional development training, informed by our frontline mental health services, for the growth and learning of staff.

Our aim is to give people the confidence, knowledge and skills to work effectively in supporting young people's mental health.

WHO ARE DIFFUSION?

Diffusion is OTR's training and consultancy arm. Our Diffusion facilitators have a wealth of experience tailoring OTR's training courses to particular working contexts.

They are passionate about designing content that meets the needs of the participants and creating a lasting impact in working environments.

WHAT CAN YOU EXPECT?

- A range of best practice training for professionals working with young people rooted in decades of experience working to support young people's mental health.



- Training for corporates that covers the key pillars of workplace wellbeing and seeks to make lasting positive change for employees.



- Speaker, lunch-and-learn, and conference opportunities on topics related to youth mental health.



- Ongoing consultancy for services and organisations working to support young people.



A FULL LIST OF DIFFUSION'S AVAILABLE TRAINING BELOW

"THE COURSE GAVE ME JUST THE RIGHT AMOUNT OF KNOWLEDGE AND PRACTICAL SOLUTIONS TO THINGS WITHOUT OVERWHELMING"

OUR TRAINING COURSES



WELLBEING IN THE WORKPLACE

A training that aims to provide participants with space to constructively and practically consider ways to improve their wellbeing at work.

(1/2 day)



INTRODUCTION TO ADOLESCENT MENTAL HEALTH

Rooted in our health promotion work, this training provides participants with both a framework to understand youth mental health and practical principles to work effectively to support young people's mental health.

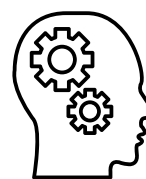
(1 day)



RUNNING RESILIENCE LAB

Rooted in our Resilience Lab projects, this training provides participants to run our resilience workshops in their own places of work.

(2 day)



CBT TOOLS, TIPS, AND TECHNIQUES

From OTR's extensive work providing low and high intensity CBT support to young people, this training provides an introduction to CBT theory and its application in work with young people.

(3 hours)



WORKING CONFIDENTLY WITH GENDER AND SEXUALITY

Designed in collaboration with OTR's LGBTQ+ project, Freedom, this training aims to empower participants to be more aware of issues pertaining to gender, sex, and relationship diversity.

(1/2 day)

WHY TRAIN WITH US?

MENTAL HEALTH EXPERTISE

- We have a wealth of experience from our frontline mental health services and consultancy work that we use to make sure the training courses are maximally useful to participants. We regularly review our trainings to ensure they're as up to date as possible.



TAILORED TO NEEDS

- We understand that every organisation is different, and make sure we adapt our training to your particular needs. Our flexible delivery options mean we can host you at OTR, or deliver at your organisation, or online.



REGULARLY REVIEWED

- We make sure our training is engaging and practically useful by asking for and responding to participant feedback. Over 95% of participants would recommend OTR training.



ALL PROFITS GO BACK TO SUPPORTING YOUNG PEOPLE

- We channel Diffusion income back into our services for young people, where we reach ~17,000 11-25-year-olds each year, across Bristol, South Gloucestershire, and North Somerset.



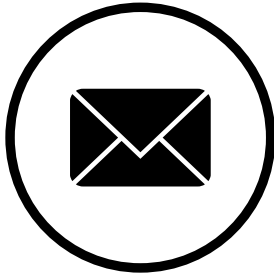
"THIS WAS FANTASTIC TRAINING, I REALLY ENJOYED LEARNING LOTS OF NEW TECHNIQUES AND METHODS TO BE ABLE TO DELIVER THIS TO YOUNG PEOPLE."

SOME OF OUR PREVIOUS CLIENTS



HOW TO GET IN TOUCH

If you're interested in any of Diffusion's services for your organisation, we'd love to hear from you. Please get in touch!



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