



# StRaW Practitioner 2 Day Training Course

## What is StRaW?

Sustaining Resilience at Work (StRaW<sup>®</sup>) is a peer support system to detect and prevent occupational mental health issues and boost an organisation's psychological resilience.

## The StRaW Practitioner Training Course includes:

1. The detection of workplace stress, spotting the signs of psychological distress that might otherwise go unnoticed;
2. The knowledge and skills necessary to help improve the mental health of colleagues suffering from psychological distress, through planning, guidance, signposting and, where appropriate, effective mentoring.

## Expected commitment from StRaW Practitioners:

- You are becoming a StRaW practitioner, equivalent to Fire Warden in your team/floor
- Attend the 2 day training course
- Inform your manager
- Inform your team and department
- Distribute the KWNEL wellbeing materials to your team
- Do not operate alone and always seek supervision from your KWNEL StRaW Manager

## Next session

Date	Time	To book
6th & 7th June 2022	9am-5pm each day	<a href="#"><u>Click here</u></a>

[Click here](#) to find out more & to see all of the upcoming StRaW Practitioner course dates.

