



**PRO-ACTION**



# Adult Training Courses

We provide bespoke content and delivery at your convenience. If you have a group or an individual who needs training, please get in touch. Choose from any of these courses below:

- Youth Mental Health First Aid Champion (1 day)
- Youth Mental Health First Aid (2 days)
- Mental Health & Wellbeing Awareness
- Mental Health & Wellbeing in Sport
- Talk Safe, Plan Safe – Suicide Prevention
- Keep Safe and Carry On – Wellbeing
- Child and Adolescent Development
- Managing Risk
- Mentoring Skills
- Personal & Sexual Health
- Paediatric First Aid
- Anaphylaxis & Adrenaline-pen Training
- Emergency First Aid at Work
- First Aid at Work
- Safeguarding Level 1
- Safeguarding Level 2 (DSL)
- Child Sexual Exploitation
- Cyber-Bullying and E-Protection

If there is a course that you are interested in but cannot see it listed, please talk to us as we may be able to design a bespoke course to meet your needs. Member rates start from £30 (non-member rates on request).

**Contact: [membership@pro-actionherts.org](mailto:membership@pro-actionherts.org)**