

# REACT 2 TRAINING LTD

[www.react2training.co.uk](http://www.react2training.co.uk)

Core  
Skills



Courses



Well-  
being



## React 2 Training - About Us

We **specialise** in providing short courses, classes & workshops

### Welcome to React 2 Training Ltd

We specialise in providing short training courses, classes and workshops for individuals and business across the UK. We also provide in-house training solutions and develop bespoke courses for business.

We believe that successful training is about encouragement, participation in a relaxed learning atmosphere. The trainers of our company have many years of experience working in industry, commerce and overseas. We set out learning objectives so by the end of the course you will have a clear idea of what you have learnt. Our training courses have been designed and written by professionals who have a vast amount of experience in their field of expertise.

### Bespoke Material

React 2 Training Ltd can design fully customised training courses for your organisation. We will work with you to develop the material to ensure it reaches the knowledge and expertise your staff require. We can tailor learning objectives so you get exactly the right course delivered for you. We can develop short courses, workshops and blended learning. All the material we produce complies with VARK.

### Experienced Trainers

All of our trainers have a minimum of Postgraduate Certificate in Education and have at least 15 years' experience of writing and delivering training.

They have experience of delivering training to a variety of audiences including FE colleges, public sector, private sector and overseas companies.



## In-house training services

**Flexible** scheduling, saving your organisation time & money

If several people in your organisation have the same learning need, an in-house programme is likely to be the most effective training option. Our in-house programmes are **simple to arrange** and can be tailored to meet more specific learning needs. Training can be run from your own premises or we will help you select a suitable venue offsite.

Our existing courses can be customised to meet your organisation's requirements. With all our courses there are no hidden cost, the price you see is the price you pay.

Our in-house training programmes are **centred around your requirements**, we understand that in today's world that flexibility is an expectation. We can deliver training around your workforces schedule so that time is used effectively.

Typically choosing an in-house training programme **can save you 25%-30%** of what it would cost to put staff on open public courses. We set out clear aims and objectives with a focus on results and on demonstrating tangible returns on training spend.

We have clear pricing so the amount we quote is always the total cost and contains no hidden extras.

We set out **clear aims and objectives** with a focus on results and on demonstrating tangible returns on training spend. Our trainers have the experience to offer advice and ideas on the most effective, best value approach, always beginning with the required end result in mind. Each delegate on our training courses is given a free course pack which includes course notes, PowerPoint's and activities.





## Our Learning Process

An approach that puts the **learners** needs first

### 1. Identify Needs

We like to know as much as we can about our learners as possible. This way we can cater areas of the course to suit particular needs and requirements.

### 2. Plan & Design

We like to induct our delegates onto our courses so we conduct icebreakers and set ground rules. This ensures the behaviour you can expect from us and what we can expect from you. We inform delegates of the qualification requirements and ensure we produce schemes of work to meet internal and external requirements.

### 3. Deliver & Facilitate

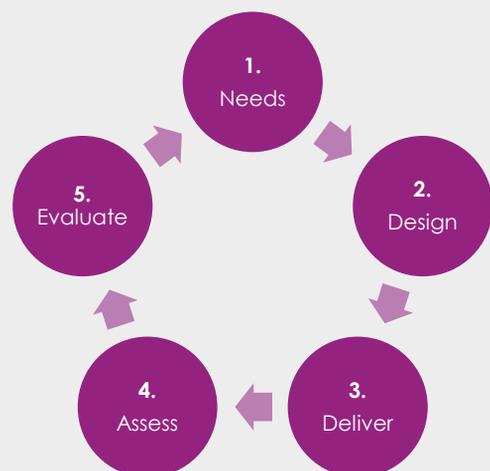
Our goal is to enable learners to gain a qualification to meet organisation targets and deadlines. We ensure equal opportunities and acknowledge diversity within a group. We use a variety of learning methods to meet VARK and use a variety of resources to meet learning needs.

### 4. Assessment

We assess learners throughout our training programmes, this helps us measure their learning. Assessment takes place during all lessons or individual situations, formally and informally and we use a variety of assessment methods to meet all learners' needs. We keep records to meet internal and external demands - audits, quality monitoring, etc.

### 5. Evaluation

We take the feedback we receive from delegates very seriously. This helps us monitor the delivery, planning, assessment techniques, support for learners, teaching methods and resources.





## Wellbeing Courses

An approach that puts the **learners** needs first

Assertiveness Skills

Emotional Intelligence

Emotional Resilience

Fulfilling Your Potential

Mindfulness Meditation

Stress Awareness for Managers

Stress Management

# Assertiveness Skills

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An assertive person has numerous benefits to an organisation, they have a greater belief in themselves and other people around them.

## Course Outline

Our course will enable individuals to effectively influence, listen and negotiate with others. Great communication is at the heart of every successful business. Assertiveness behavioural traits are crucial for individuals to communicate in an open and honest fashion, it's an empowering quality that can be learned and developed through our training.

We specialise in a two pronged approach to Assertiveness Skills, this is through making unassertive delegates assertive, and making aggressive delegates assertive.

An assertive person can have numerous benefits to an organisation, they have a greater belief in themselves and other people around them, which creates a positive workplace environment. They are able to perform more efficiently by managing their work schedules, as they are able to say 'no'.

## Content

- Understanding Assertiveness
- Rules of Assertive Behaviour
- Assertive Communication
- Case Studies
- Controlling Emotions
- Action Plan

## Who is this course for?

This Assertiveness Skills training course is for anyone who wants to be more assertive in the workplace, it applies to a huge range of job roles. Do you have the ability to say 'no' to other people's requests? Do you think you have the same rights and privileges as other people? Are you worried that saying 'no' will cause conflict?

Duration	Ref
1 day	AS

# Emotional Intelligence

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Emotional Intelligence is fundamentally connected with happiness and wellbeing which has an enormous amount of health benefits.

## Course Outline

Emotional Intelligence (EI) is the latest skill that the world's largest and successful organisations are exploiting to improve the performance of their workforce.

Having the ability to recognise, interpret and respond to the emotions of other people creates a more collaborative and effective workplace environment.

It has been established that a high EI is as important as having a high IQ (which measures a person's cognitive ability), and in many circumstances it is even more important in particular job roles, through this Emotional Intelligence training you can improve your EI rating.

EI is fundamentally connected with happiness and wellbeing which has an enormous amount of health benefits including rational thinking and stress reduction.

## Content

- Learn the importance of Emotional Intelligence and how it is used
- Defining emotional and rational thinking
- Identify and understand which emotions you are feeling and why
- Understand the links between feelings, thoughts and emotions
- Manage impulsive feelings and negative emotions in relation to others and in relationships with others
- Understand Negative Automatic Thoughts (NAT's)
- Implementing Emotional Intelligence in the workplace environment

## Who is this course for?

This Emotional Intelligence course is ideal for those who wish to learn more about EI and how to utilise it to improve their knowledge of emotions and how to enhance them.

This course is aimed at beginners who want to learn more about Emotional Intelligence.

Duration	Ref
0.5 day	EI

# Emotional Resilience

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Resilience is an essential skill that allows people to deal with pressurising situations by equipping them with the tools to reduce their personal stress levels.

## Course Outline

Emotional Resilience is an essential skill that allows people to deal with pressurising situations at work by giving them the tools to reduce their stress levels. Work-related stress, depression or anxiety accounted for 11.3 million lost working days from the latest report from the HSE's, this on average is 23 days per case.

On this Emotional Resilience training your staff will be introduced to Rational Emotive Behaviour Therapy (REBT), which teaches them how to identify, challenge and replace self-defeating thoughts and beliefs with healthier thoughts.

REBT has been very successful in reducing stress levels but also has additional benefits of improving problem solving skills through rational thoughts in difficult circumstances.

## Content

- Discover the causes of stress
- Understanding the underlying reasons of stressed thoughts and actions
- Recognise the symptoms of stress
- Understand the difference between healthy pressure and harmful stress
- Recognise your personal triggers of stress
- Managing your stress triggers
- Using REBT to deal with irrational stressful thoughts

## Who is this course for?

This Emotional Resilience course is ideal for those who wish to become more resilient and develop their skills to cope with difficult circumstances.

It will also be helpful who want to understand their own feelings and emotions and control the way they behave.

Duration	Ref
1 day	ER

# Fulfilling Your Potential

The GROW methodology is a well proven and highly successful personal and professional development approach ideally suited for problem solving and goal achievement.

## Course Outline

The GROW model was developed in the 1980's and is employed in a range of settings including training and facilitated workshops. The framework and four specific stages of GROW are: Goal, Reality, Options (and Obstacles) and Way Forward.

This one-day Fulfilling Your Potential course initially covers two factors which are complimentary to the GROW approach; Awareness, to provide focused attention, concentration and clarity, and responsibility, to develop motivation and commitment. The remainder of the course focuses specifically on understanding and applying the GROW approach:

- Grow stage – Exploring and clearly defining what each participant would like to achieve
- Reality stage – Understanding the current situation in relation to the goal
- Options – Generating a range of ideas and/or possible solutions.
- (Obstacles) – Clarifying what might be preventing each participant from achieving their goal(s)
- Way forward – Deciding on specific actions with realistic time-lines

## Content

- Develop a guiding awareness of their values and goals
- Set challenging goals and take calculated risks
- Pursue information to reduce uncertainty and find ways to do better
- Find a sense of purpose and mission
- Recognise the benefit in seizing opportunities
- Persist in seeking goals despite obstacles and setbacks
- Operate from hope of success rather than fear of failure
- See setbacks as due to manageable circumstance rather than a personal flaw

## Who is this course for?

This Fulfilling Your Potential course is ideal for those who wish to set and meet new goals.

It will also be helpful to those who want to hope for success rather than fear of failure.

Duration	Ref
1 day	FYP

# Mindfulness Meditation

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By practising mindfulness regularly delegates can improve how they physically respond to stress and it can even have a constructive effect on their overall wellbeing.

## Course Outline

Our Mindfulness workshop has been specifically designed for people who are new to, or would like to learn more about the concept of mindfulness. Delegates will be introduced to body scan awareness and conduct some experiential work in the awareness of taste and smell.

This training has a positive impact on stress and anxiety, insomnia, low energy levels, self esteem and decision-making. Mindfulness is the practice of being fully aware of our experiences as they occur.

Being aware of the present moment allows delegates to be more in touch with themselves. Mindfulness is not always considered a relaxation technique when practised on a regular basis it can bring about a sense of relaxation which can help to create harmony between mind and body.

## Content

This mindfulness workshop can be modified to be delivered in half or a full day and will introduce delegates to the following topics:

- Introduction to mindfulness
- Mindfulness body scan awareness
- Mindfulness and the senses
- Experiential work (awareness of taste)
- Experiential work (awareness of smell)
- Using mindfulness in everyday life

## Who is this course for?

This Mindfulness Meditation training is ideal if you are new to mindfulness and want an introduction to the topic.

This course will look at experiential work and scanning of senses as well as the benefits of mindfulness and how it can help improve your lifestyle.

Duration	Ref
0.5 day	MM

# Stress Awareness for Managers

For every organisation combating stress is a priority, a workforce with healthy wellbeing is a productive workforce producing results.

## Course Outline

Our course has been developed to help managers recognise behavioural and physical signs of stress of their staff members. A recent stress study found that one in every five employees believed their work was either very or extremely stressful. If stress is left untreated it can exacerbate the situation causing psychological, emotional, behavioural and physical damage.

For every organisation combating stress is a priority, a workforce with healthy wellbeing is a productive workforce producing results. This course also helps to remind managers of their responsibilities through the HSE Stress Management Standards which includes demands, controls, relationships, roles, support and change.

Delegates will also learn how to carry out basic individual and group risk assessment that conform to HSE standards and procedures, this includes how to approach stressed employees with empathy. This course will enable delegates to confidently identify a variety of possible work related hazards and come up with examples of reasonable adjustments.

## Content

This course is delivered over half-day and will introduce delegates to the following topics:

- An introduction to the science behind stress
- Signs of stressed workers
- Stress related illness
- Managerial responsibilities of stress
- HSE Management standards
- Risk assessment process
- Individual and team risk assessment
- Approaching employees

## Who is this course for?

This course is for those people who have responsibility for the well-being of an organisation, department or team.

It is applicable to those who conduct risk assessment and implement policy. This course is also useful for new managers or inexperienced managers who are new to managing stress.

Duration	Ref
0.5 day	SMM

# Stress Management

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Delegates will learn a variety of techniques, strategies and relaxation methods which will help them deal with their own personal stress triggers more effectively.

## Course Outline

Our Stress Management training will enable delegates to develop the required skills to deal with stress before it reaches a critical point for them.

They will learn a variety of techniques, strategies and relaxation methods which will help them deal with their own personal stress triggers. By acknowledging their stress triggers they can start to cope with even the most demanding situations, allowing them to achieve their workplace goals.

A recent stress study found that one in every five employees believed their work was either very or extremely stressful.

If stress is left untreated it can exacerbate the situation causing psychological, emotional, behavioural and physical damage.

## Content

- An introduction to the science behind the factors of stress
- The fight or flight response and its impact on the body
- Discover the common causes of stress
- Understand the difference between healthy pressure and harmful stress
- Recognise your personal triggers of stress
- Using REBT to deal with irrational thoughts
- Minimising the effects of stress through mindfulness
- Lifestyle changes that can help reduce stress
- Developing the 'stress buster' action plan

## Who is this course for?

This Stress Management course is ideal for those who wish to learn about their own stress triggers and how to manage their stress levels.

This course is also for those who want to get an introduction of REBT and how to overcome irrational thoughts in regards to stress.

Duration	Ref
1 day	SM

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