

## Being a Champion

## Training Content Summary Sheet

Section	Section title and description	Section content
1	<b>Intros, Domestics, Icebreaker, Mindfulness, Learning Outcomes and the Group Agreement</b>	During this first section, Champions - whether they already know each other or not - will get to know each other in various ways. Introductions will help establish a group identify and give everyone a chance to state their training needs and expectations. Champions will also engage in further activities that will help build a level of trust between one another as part of the group. This will create the safe space that will encourage participants to explore some of the more challenging content and experiences of a sensitive nature.
2	<b>A little bit about Time to Change</b>	This section is very much about introducing Time to Change as a campaign to Champions so that they have some background knowledge on how the campaign started, what it stands for and also acknowledging the enablers of the campaign - Mind, Rethink Mental Illness as well as the funders Department of Health, the Big Lottery and Comic Relief. It is important to cover this area because this pack is likely to be delivered and facilitated by organizations themselves and so reduces the risk of Champions separating from the core message of the campaign and why they are so integral to that core message.
3	<b>What is Good Mental Health?</b>	Through this section Champions explore what mental health actually means for people day to day and includes an activity that helps Champions to challenge their own thoughts about mental health too. The section also explores what it means to have "Good Mental Wellbeing" as well as the signs that can manifest for people in the workplace when experiencing stress, depression or anxiety.
4	<b>Myths and Stereotypes</b>	Champions explore myths and stereotypes and how they impact on people and indeed on themselves especially when carrying out anti stigma activities.
5	<b>What is Stigma?</b>	This section is about exploring what stigma actually means on a day to day basis for people with a section included for Champions to explore the concept of self - stigma and what sigma might feel or look like for them.



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6	<b>About the Role</b>	This section is divided in two sections. Section one is an opportunity for Champions to explore aspects of the role through a scenario-based activity. They can start to think about their skills and what they would like to achieve from being a Champion, and ultimately take ownership of their role.
7	<b>Activities and Audience</b>	This section is about reaching colder audiences that are harder to engage, whilst also thinking about who the priority groups of their organisation could be.
8	<b>Safeguarding</b>	Through this section Champions gain a basic understanding about safeguarding legislation and how it could translate for them in their organisation and the organisation as a whole. Champions explore their responsibilities around safeguarding and the need for a reporting arrangement as organised by the organisation.
9	<b>Boundaries</b>	This section helps Champions to start thinking about creating a set of guidelines about how they would deliver their roles and ensure safety for themselves, their colleagues and the organisation overall. In the first half of the section Champions explore how they would approach scenarios where boundaries are being challenged. The second half is about Champions creating an initial framework of boundaries that they all agree would help them feel safe, clear and contained in their role. They are guided to create a framework of boundaries for the Champion role from both a personal and organisational level.
9	<b>Wellbeing - Action Plan</b>	Through this section and references to the "5 Ways of Wellbeing", Champions are encouraged to think about their wellbeing whilst delivering the role of Champion in their workplace, to write up an Action Plan around their wellbeing and to consider what personal things help them to stay well.
10	<b>Ending, (Questions and Answers ), Evaluation of Training and Next Steps</b>	