

Thrive Safe 2024 Content

Compassionate conversations for culture change

 Email us for more information

 thrivesafe.co.uk

Topics

We provide content on the following topics:

- Mental Health First Aid (L3 qualification)
- Wellbeing management including: mental health, stress, self-care, resilience, and mindset
- Domestic violence (including so-called "honour-based" abuse and forced marriage)
- Sexual violence and harmful sexual behaviour
- Harassment, bullying, and abuse in the workplace
- Personal and professional boundaries
- Workplace values and culture
- Trauma-informed practice

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“Brilliant training, engaging throughout”

The presentation was both interactive and informative... this was one of my favourite and least boring training sessions.

One of the best training courses we have had!

It was very inspiring and thought provoking. The trainer was excellent and very knowledgeable and passionate about the subject.

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Format

- 45-90 minute webinars
- 2 hour workshop
- Half day workshop
- Full day workshop
- Reflective Practice Sessions
- Consultancy & guidance

Our Values

Thrive Safe's service delivery is based on key values that guide our practice:

- Accountability
- Compassion
- Equity
- Development

Read more about our values [here](#).