



Certificate in Leadership and Team Skills

ILM Level 4 Accredited

Suitable for senior managers and those who have people management responsibility. Understand how to maximise your team's potential.

This four-day ILM course is designed to support those in senior positions consolidate their leadership experience and care for the team's wellbeing whilst managing business objectives. This course is also aimed at aspiring senior managers who want to be successful in their next endeavour. How can a manager ensure that the business needs as well as the employee's emotional and mental health are cared for whilst they are juggling clients and projects? Well, on this ILM course, the senior manager will learn key skills to do just that. To obtain the Certificate, delegates are required to submit an assignment following each day of learning.

Course Content

Day 1 Module - Managing Mental Health

Understand how to manage mental health using mental health policies

Day 2 Module - Individual Mental Toughness

An in-depth analysis of the team's and manager's mental toughness

Day 3 Module - Developing People in the Workplace

Supporting colleagues to realise and reach their full potential

Day 4 Module - Solving Complex Problems in the Workplace

Understand how to address a complex problem and introduce strategies across the business to avoid repeated issues

Benefits to the Business

- Build inquisitive and understanding senior managers who can solve a problem before it escalates
- Support your well-being agenda with managers who are confident at creating mental health solutions
- Create a long term succession plan as managers can develop junior employees

Benefits to the Delegate

- Develop the capabilities and personal awareness necessary for leadership
- Feel confident in knowing how to approach mental health in the workplace
- Be capable in constructively coaching colleagues' work, skills and behaviour
- Feel self-assured when dealing with complex problems in the workplace



Leadership, Management and Wellbeing Training

HR Champions Ltd have been delivering Management Development training since the business was established over 20 years ago. We achieved ILM accredited centre status in 2002 and have since supported hundreds of businesses and thousands of delegates. Our courses and workshops, accredited and non-accredited are designed for all levels; for the novice team member, the aspiring manager, the established senior team as well as uniting those levels together with our team based training.

Our training services are complimented by our first-rate HR consultancy. We provide SMEs with HR and Employment Law advice & support from contracts and disciplinaries through to restructuring and redundancy.



I have developed resilience techniques



"This course was beneficial to identify the early signs of poor mental health in an employee. It was interesting to understand the difference between mental toughness and resilience. I would highly recommend this course to senior managers who want to feel confident approaching mental health."

James - Wheelers of Westbury

I've become more self-aware



"I now understand how I can promote a employee first wellbeing agenda to support the business' operations. Equally, I feel confident to approach complex problems and find the best solution whilst considering all the relevant stakeholders. The course has helped my manager journey."

Tanya - Medical Wire Equipment

