The Self Deliver Programme
Stress Awareness Workshop

We recognise that some organisations have their own 'in house' training facilities and would like their employees to experience stress awareness and management training from their own trainers. We therefore offer our clients the chance to train their own staff, under licence, using our training material, experience and philosophy; this is our 'Self Deliver Programme'.

Stage 1 of the Self Deliver Programme involves our trainers training your trainers in the delivery of our 3 hour Stress Awareness Workshop. Stage 2 involves your trainers watching us deliver a session so that they can 'benchmark' the course and it effectiveness. In Stage 3 our trainers assess your trainer's ability to train this workshop and, once these 3 steps have been successfully completed you are free to conduct training sessions at a time and location to suit.

The Self Deliver Programme is designed for companies that not only have their own trainers but want large numbers of delegates trained i.e. over 100. The savings for the Self Deliver Programme can be significant and we have a simple equation that works out the savings for you (available on request).

Stage 1 - Operating Licence / Train the Trainer

The Operating Licence is an annually renewable licence that enables the licensee to use our intellectual property to train their own staff. The Operating Licence includes a 1 day Train the Trainer session which introduces the philosophy of Stress Check Training and a comprehensive 'walk through' of the course to ensure you fully understand the course content and its philosophy.

Costings: £1500 per course/licence Max Attending Trainers: 7

Stage 2 – The Benchmark Session

Following Stage 1 your trainer(s) observe a 'live' workshop, with your own delegates attending, provided by Stress Check Training to enable them to experience the session and 'benchmark' the effectiveness of the workshop.

Costings: £750 (3 hour workshop) Max Attending Trainers: 7
Max Delegate Numbers 20

Stage 3 - Trainer Assessment Process

Following Stage 2 your trainer(s) will prepare and then conduct a workshop with your own delegates. Our Consultant Trainer will attend and complete an Objective Observation Schedule (OOS), successful completion of the OOS will result in the trainer successfully completing Stage 3 and enable them to carry out training sessions at their discretion. Failure of the OOS will require a consultation session with our trainer and further assessment. Each trainer must be assessed independently of all other trainers.

Costings: £750 per assessed trainer Max Delegate Numbers 20

Stage 4 - Delegate Licences

Once your trainers have successfully completed Stages 1,2 & 3 they are fully licensed and can then conduct training with your own delegates at your discretion. Each course delegate trained 'in-house' would be trained under this licence and we will supply each with a delegate pack, which can be branded with your logo (minimum quantities apply), but which would also be clearly identifiable as a Stress Check product. The delegate pack includes a copy of "Beating Stress" with a Stress Dot Card with 10 Stress Dots, a smiley pen, a delegate workbook and action plan.
Delegate Licence Fee: £20 per delegate