



Bespoke courses

We create and deliver tailor-made courses and events of varying lengths, catering to the unique requirements of individual organisations. Our mission is to cultivate more robust and equitable teams, where each individual enjoys positive health and wellbeing.

Our aim is to provide offerings that not only fulfil your organisation's needs but also engage learners on a personal level, offering an interactive, thought-provoking, and eye-opening experience. Through this, participants can learn from one another, develop mutual respect for diverse perspectives, and evolve together as a cohesive team.

Here are several examples of courses we've developed in the past:

- "Emotional Literacy Through Creativity" for West London Zone
- "Inclusion in the Post-Pandemic Workplace" for Chartered Institute of Management Accountants
- "LGBT+ Mental Health and Suicide Prevention in Covid-19 Times Training" for Lambeth Council Public Health Department
- "Lunch and Learn Stress Management Session" for Board Intelligence
- "Making Every Contact Count (MECC) Trainers' Update Session" for Buckinghamshire, Oxfordshire, and Berkshire Sustainability and Transformation Partnership
- "Making Every Contact Count Training" for Catalyst Housing, Surrey Heartlands ICS, Ealing Council
- "Managing Stress and Anxiety Post-Lockdown Workshop" for Chartered Institute of Management Accountants
- "Mental Health and Suicide Prevention in Covid-19 Times Training" for Lambeth Council Public Health Department
- "Mental Health Aware Update" for Catalyst Housing
- "Planning and Delivering Arts Activities" course for Ealing Council
- "Substance Misuse and Mental Health Training" for 3Spirit UK
- "Substance Misuse Training" for 3Spirit UK
- "Suicide Postvention Professional Development Session" for West Sussex County Council Educational Psychology Service
- "Supervision and Performance Management Training" for 3Spirit UK
- "Team Wellbeing" for Ealing Council
- An open conference discussing "The Covid-19 Experience"
- Collaboratively designed Organisational Mental Wellbeing Training with Sufra North West London's managers and staff
- Grassroots Organisations' Peer Network development for ThriveLDN
- Open sessions for Mindfulness Training
- Tailored mental health and suicide prevention courses for Bakkavor Foods, Sufra NorthWest London, Lambeth Council, Lambeth CCG, Granville Kitchen, SEND schools

Each of these courses embodies our commitment to crafting learning experiences that cater to specific needs while fostering a sense of unity, understanding, and growth within teams.

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