

The Training Exchange programme at a glance

Courses in Bristol and Online 2026

Enjoy the benefits of learning in multi-agency groups from a range of backgrounds in public, private and voluntary sectors, including health & social work; housing & homelessness, education, workplace wellbeing, youth & community.



Courses Online (delivered over zoom)

Feb 2026	10 (am) 25	Adult Safeguarding (<i>half day</i>) Brief solution focused therapy
Mar	03 04 05 26	Practical management of PTSD Domestic abuse: Good practice responses Wellbeing coaching skills Working with 'stuckness' in clients
May	06	Addiction, dependency and recovery
June	02 & 09	Motivational interviewing
July	07 (am)	Callers in crisis (<i>half day</i>)
Oct	13 (am) 20 (am) TBC (am)	Building vicarious resilience (<i>half day</i>) Professional boundaries (<i>half day</i>) Self-harm (<i>half day</i>)
Nov	03 (am) 12 (am) TBC TBC TBC TBC	Adult Safeguarding for managers & DSL's (<i>half day</i>) Facilitating reflective practice (<i>half day</i>) Drugs including alcohol: Awareness & brief interventions Supporting recovery: Preventing relapse Suicide intervention (<i>half day</i>) Practical management of ADHD

Courses in Bristol (in-person)

Feb 2026	04 11 & 12	Motivational interviewing Groupwork skills
Mar	10 10 & 11 (short day) 18	Sustaining empathy: Preventing burnout Training for trainers Facilitating reflective practice
April	22 & 23 28 & 29	Adult Mental Health First Aid Project management & delivery
May	13 & 14 19	Management & leadership Understanding personality disorder in practice
June	03 16 & 17	Introduction to coaching skills Supervision skills
July	01 & 02 (short day) 09	ASIST (Applied Suicide Intervention Skills) Mental Health First Aid Refresher
Sept	24	De-escalation skills & challenging behaviour
Nov	18 & 19	Adult Mental Health First Aid

Seven ways to build resilience practical strategies in an online video resource. Available anytime for individuals and teams from £15 - £30 +VAT per place.

Venues and Costs

Courses take place either online or at accessible venues in Bristol. Courses start at 9.30am and end by 4.30pm (1.00pm for half days).

Half day courses £100 (+VAT) One day courses £150 (+VAT)

Short day courses from £120 (+VAT) * Mental Health First Aid Refresher £150 (+VAT)

Two day courses from £250 (+VAT) ** ASIST, Mental Health First Aid, Management & leadership and Project management courses £280 (+VAT)

How to book courses

Book online at **www.trainingexchange.org.uk**
or request a booking form by email **info@trainingexchange.org.uk**
or phone **0117 941 5859**

Courses run with a maximum of 12-16 people *ASIST up to 30
Two concessionary places are available on each course.

All these courses and more are available in-house for teams
Contact us for more information and detailed course outlines