



Catherine Best

Director of Pier Support (NMH)

Certified Emotional Wellbeing & Personal Crisis Specialist

As an international speaker, UK trainer, qualified teacher and University lecturer Catherine has 30 years' experience in education. Since 2013 she has worked closely with Health and Education Authorities and corporate organisations to provide support programmes (to students and employees) and training (to key staff and managers). Also, 4 years of National Lottery funding has allowed her to provide support for some of the most marginalised adults and organisations in society.

Catherine's in-house training for DSA assessors, NMH and other frontline staff are insightful, invaluable and life-changing and her programme to support young people is delivered worldwide. She is also able to train workplace based 'personal crisis' specialists to provide cost effective and timely support, allowing employers and HEI's the opportunity to reduce both absenteeism and presenteeism for their staff and students.

Workshop Information

Divorce or separation, financial problems, bereavement and issues in the workplace or study environment (to name a few) can cause overwhelming feelings of anxiety, stress, sadness, anger etc. and many of society's ideas about how to handle these losses are unhelpful and useless. Catherine will share

- how to identify those who are dealing with a loss or personal crisis
- what to say (and more importantly - what not to say)
- the importance of 'well-being' knowledge for CPD purposes
- how to support colleagues and students

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