



## **Matt Wallace** – Social entrepreneur and Author

Overcoming suicidal depression in 2017 Matt used the methods which helped him recover to start a social enterprise which would help thousands.

These methods were reducing his screen time, spending more time in nature and regularly connecting with others. This inspired the creation of Clarity Walk to provide Digital Detox walks and hikes for the community, schools and businesses to improve mental health and wellbeing.

In October 2022 he published his book 'My Walk to Clarity' which shares his life story and all the lessons learnt along the way to empower others. His dedication to wellbeing projects earned the Scottish Edge Community award in December 2022.

With over a decade in wellbeing roles he is now working with organisations to support their wellbeing strategy to reduce sick days, increase retention, increase productivity and create a workplace that employees are proud of.

He provides accredited mental health courses, wellbeing strategy consultation and wellbeing presentations.

If you are interested in any of our services please contact [matt@claritywalk.co.uk](mailto:matt@claritywalk.co.uk)

NOTE: All profits are reinvested into our community projects.

Investment over £2000 funds us to deliver a 5-week nature program for a school to support children with additional support needs and trauma backgrounds.

[See www.claritywalk.co.uk/clarity-schools for more info about the school programs.](http://www.claritywalk.co.uk/clarity-schools)

### **Benefits of investing with us**

1. Fulfill your CSR, gain great PR and be able to win awards
2. Accredited qualifications to show your team is confident and competent to manage mental health issues and support your team members.
3. Improve your workplace culture, reduce workplace stress and increase productivity.
4. Have a successful workplace wellbeing strategy that makes an impact.



## **Mental health awareness accreditation - half day (4+ hours)**

Introductory level training to mental health support to increase confidence and competence to recognise, understand and have the skills to start a conversation and be able to signpost a person towards professional help.

### **What it covers:**

The course covers a range of relevant topics including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Referrals and signposting

The progression of this course is First Aid for Mental Health.

**Assessment:** Multiple choice question paper

**Qualification gained:** Level 1 Award in Awareness of First Aid for Mental Health (RQF)/ Award in Awareness of First Aid for Mental Health at SCQF Level 4. Valid for 3 years.

**How it can be delivered:** In-person at your venue or online. This course can support up to 16 participants.

**Investment** £80 per person. Set prices can be negotiated for large groups. Travel/ accommodation costs will apply if there is significant travel required outwith Inverness.

**NOTE:** A minimum of 4 participants is needed to run this course



## **First aid for Mental Health (1 day/2 days if remote)**

Comprehensive training that provides detailed knowledge on a range of the most common mental health conditions and action steps needed to support individuals in or out of crisis.

On completion of this course the learner be a qualified First Aider for Mental Health and can be assigned in the workplace to provide comprehensive guidance and support to peers who require mental health support. The learner will be able to provide signposting to professional help and support individuals when they are receiving professional assistance.

### **What it covers:**

The course covers a range of relevant topics including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace

**Assessment:** Practical demonstration of the First Aid for Mental Health Action Plan and a multiple-choice question paper.

**Qualification gained:** A Level 2 Award in First Aid for Mental Health will be issued to the learner, subject to successful assessment. Valid for 3 years.

**How it can be delivered:** In-person at your venue or online. This course can support up to 16 participants.

**Investment** £140 per person. Set prices can be negotiated for larger groups. Travel/accommodation costs will apply if there is significant travel required outwith Inverness.

**NOTE:** A minimum of 4 participants is needed to run this course



## **Advanced First aid for Mental Health (2 day/3 days if remote)**

This course provides those that deal with staff welfare an in-depth knowledge of how to provide support for mental health issues and how to recruit and support a team of mental health first aiders in the workplace.

This course builds on the Level 2/5 Award in First Aid for Mental Health and covers a wider range of mental health conditions and goes into detail on the range of therapy and professional support that a person may be given by professional bodies during treatment for a mental health condition.

### **What it covers:**

The course covers a range of relevant topics including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace
- A large range of Mental Health conditions covered in detail

**Assessment:** Summative practical assessment is ongoing by the instructor each day, along with a written assessment on each day.

**Qualification gained:** Level 3 Award in Supervising First Aid for Mental Health (RQF)/ Award in Leading First Aid in Mental Health at SCQF Level 6. Valid for 3 years.

**How it can be delivered:** In-person at your venue or online. This course can support up to 16 participants.

**Investment** £220 per person. Set prices can be negotiated for larger groups. Travel/accommodation costs will apply if there is significant travel required outwith Inverness.

**NOTE:** A minimum of 4 participants is needed to run this course



## Wellbeing strategy consultation (Up to half day)

Create an effective wellbeing strategy that engages your team, improves their wellbeing and creates a positive workplace culture leading to a positive ROI.

It starts with a discussion and review of your current strategy to highlight what works well and what needs improvement. From there we would create a specific plan.

### What it covers:

#### The consultation will support you with:

- Increasing employee engagement
- How to create an effective wellbeing strategy
- How to get maximum ROI from your wellbeing investment

#### Implementing a plan that is tailor made for your workplace will lead to:

- Increased productivity
- Improved workplace happiness and satisfaction
- Improved workplace culture
- Lower sick days
- Higher productivity

After each consultation you will receive a report with clear action points for what is discussed. Consultations can be a one-off or if we feel you need further support then we can discuss options.

One off consultation: Starts from £250. Travel/accommodation costs will apply if there is significant travel required outwith Inverness.



## **Mental wellbeing presentation**

A presentation which shares the methods I used to overcome suicidal depression and start a social enterprise which would help 1000s.

The presentation aims to empower staff members to gain a better understanding of mental health and how they can take positive action to support themselves or someone they know.

**It covers:**

- Why connection is important for your health and how to build it into your life
- How to recognise when your mental health starts to suffer
- How to build resilience and become adaptable for any situation
- How to digitally detox for a healthy mindset
- How to become more active to feel mentally and physically stronger

This presentation can be tailored for any wellbeing outcome you want to achieve and can be delivered in-person or online.

A 30-60 minute Digital Detox Walk leaving from your workplace can be added onto this presentation.

Audience members will receive a PDF which highlights the key lessons from the presentation with clear action points to improve their mental health and wellbeing.

**From £500**



## Digital Detox Walk (1/2 or full day)

Our Digital Detox Teambuilding walks support organisations to bring their team together to connect and improve their mental and physical wellbeing without the distraction of digital devices.

What does it do:

- Promotes communication and teambuilding within the team
- Provides a repeatable wellbeing activity a team can do together after the event
- Can provide a physical challenge and accomplishment

All experiences are tailored for your team's fitness and ability. It can range from flat walks to mountain experiences such as the UK's tallest mountain Ben Nevis. We will provide options based on your needs.

All walks include tea, coffees and snacks and kit lists will be provided.

Digital detox walks start from £50p/p Max 20

Digital detox mountain hikes start from £120p/p Max 12

All experiences are provided in the Highlands.

If you require larger numbers please let us know and we will see what we can do.





**Contact Matt at**

**Matt@claritywalk.co.uk to discuss your training needs**