

UCD/ HSE Mental Health Engagement Training

A 1-day training on Effective Meetings delivered in each of the nine HSE/ CHO Areas throughout the country for members of Community Health Forums. This was part of a five-day programme prepared and delivered by UCD under the HSE Mental Health Engagement Strategy.

In 2017, the UCD School of Nursing, Midwifery and Health Systems developed a training programme in conjunction with the HSE with Mental Health Engagement as it's core theme. Part of this included a focus on committee effectiveness and related areas. Having attended Paul's courses previously, we sought to work with him again on this programme. There are two key learnings we took from the experience. Firstly, from a collegiality perspective, Paul was very easy to work with - in fact, he brought a real energy, commitment and enthusiasm to our work and dealt most professionally with any challenges. Secondly, and perhaps as significantly, the quality of the work delivered was excellent - both from our perspective and that of our training programme participants. I would have no hesitation in recommending Paul to any organisation.

Dr Timmy Frawley, Lecturer in Mental Health Nursing, UCD School of Nursing, Midwifery and Health Systems.

Participants feedback:

*Style was very good and easy to follow, created a good atmosphere and dealt with some disruption really well,
Paul was a very organised and engaging trainer, who I found very comprehensible, knowledgeable and approachable,
Very relaxed environment, good facilitator, group participation excellent,
Good listener and good humour and a wealth of knowledge,
Liked the layout of the room, liked the exercises in the afternoon, liked the different methods of teaching,
Great to get people's individual views and help form a group view,
I had no experience of committee meetings, so I found it tough, but I learned a lot,
Approachable, friendly, delivery was excellent and explained each topic clearly
I found the training brilliant,
Very inclusive and aware of people, excellent trainer, thank you,
Very good and conversational, easy to participate,
Trainer was clear and methodical in presentation, used a variety of methods, I liked the hands-on approach,
Very good, interactive, involved and encouraged participation,
Excellent, very clear and concise, and good balance of participation,
Very considered and focussed. Handled the group well.*

