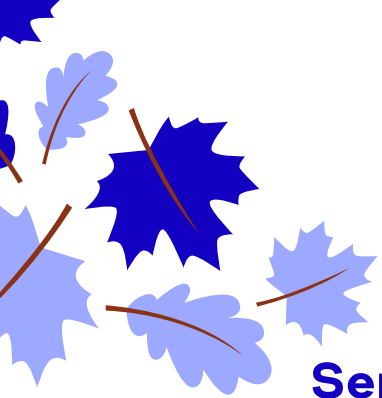




Community Training Booking Form:

September - December 2026 Sessions

Thank you for your interest in our Harvesting Hope Sessions. We're excited for you to join us. Please complete this booking form. Our sessions are designed to be a safe and welcoming space for everyone and collecting this information helps us to achieve this.

Personal Details

Name:

Phone:

Date of Birth:

Email:

Pronouns: She/Her ☐ He/Him ☐ They/Them ☐ Other:

Do you have any access, disability or training needs? Yes ☐ No ☐

If you have answered yes, please provide more details about your needs so we can support you better:

Would you like to be added to our mailing list to receive our training programmes and hear about other Wirral Mind events? Yes ☐ No ☐

What session/s do you want to book onto?

Online Suicide Prevention Training
(£65.00 per person) ☐

Understanding ADHD ☐

Understanding Anger
(£35.00 per person) ☐

Finding Your Inner Resources ☐

Understanding Self-Esteem ☐

Letting in the Good ☐

Confidence Building ☐

Harnessing Hope from Within
Overcoming Self-Doubt and
Strengthening Self-Belief ☐

Coping with Christmas ☐

You and Your Goals

Everyone joins for different reasons and sharing your goals helps us support you along the way. What would you most like to get out of this session/s?

Which of these sound **most** important to you? (please tick one or two)

Learning helpful tools to look after my own mental health ☐

Meeting and connecting with others in a supportive space ☐

Feeling more confident supporting friends, family or others ☐

Taking time for myself and my wellbeing ☐

Understanding mental health better ☐

Something else (please specify) ☐

How new are you to this topic? (Please tick the one that applies)

☐ I'm just starting out and keen to learn

☐ I know a little and want to build on it

☐ I already know quite a lot and want to deepen my understanding

Do you have any concerns about coming to our sessions? Yes ☐ No ☐

I understand that parts of the **Understanding ADHD** workshop will be filmed or photographed, and I consent to Wirral Mind and Acting Out capturing and using my image for training, promotional and communication purposes. Yes ☐ No ☐

Are you happy for us to contact you and leave a message by phone?

Yes ☐ No ☐

Do you agree to Wirral Mind storing your personal information securely and in line with GDPR Regulations? Yes ☐ No ☐

Contact us: E: learning@wirralmind.org.uk T: 0151 512 2200

