

## Making Every Contact Count for Mental Health Lead Trainers and Trainers skills and competencies.

All **Lead Trainers** must have:

- Excellent training delivery skills
- Experience in delivering Train the Trainer programmes
- Excellent communication skills
- Good understanding of health behaviour change models and practices
- Good understanding of mental health promotion
- Good understanding of person-centred approaches
- Good understanding of the Making Every Contact Count (MECC) approach
- An interest in delivering this training beyond the project.

All **Trainers** must have:

- Experience in delivering training to adults
- Excellent communication skills
- Interest in mental health promotion.

It is also desirable that Trainers had:

- Completed a MECC training programme
- Good understanding of the MECC approach
- Good understanding of mental health promotion
- Good understanding of health behaviour change models and practices
- Good understanding of person-centred approaches.