BEHAVIOURAL
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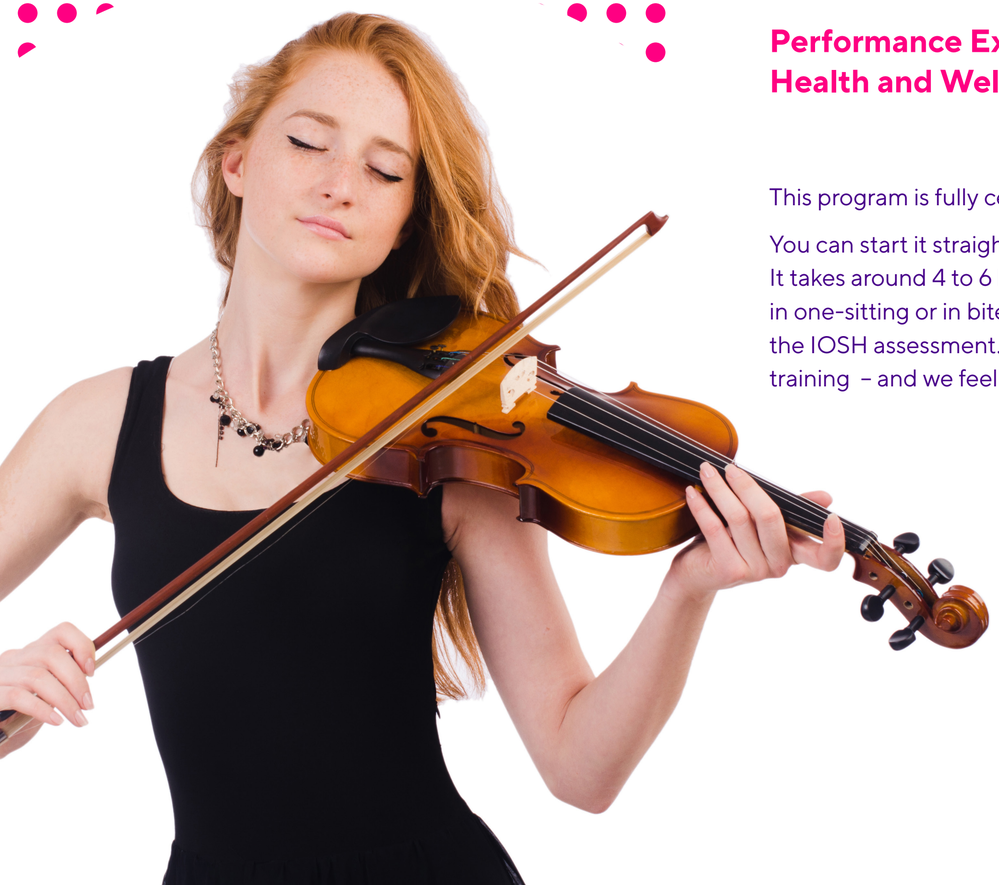
TRAINING

Online Program

Performance Psychology for Safety and Health Professionals



Online Program Performance Psychology for Safety and Health Professionals

Click. Buy. Start

Performance Excellence in Safety, Health and Wellbeing

This program is fully certificated by IOSH.

You can start it straight away from the comfort of your own home. It takes around 4 to 6 hours to complete. You can do the program in one-sitting or in bite sized chunks over a week or two, including the IOSH assessment. Delegates across the world are enjoying the training – and we feel sure you will too.

About the program

- Certificated by IOSH
- Six engaging modules and course assessment
- Conversational style throughout
- Each module introduced by Darren via video
- Interactive and easy to use learning platform
- Hear from experts in niche areas of safety performance
- Academic papers for those who want to dig deeper
- Start straight away from the comfort of your own space
- IOSH certificate awarded to every successful delegate

About Darren Sutton

The program has been developed by Darren. He's the only safety professional in the world who holds an MSc in performance psychology. He works with some of the biggest brand names around the globe. Darren is passionate about helping people and their organisations to become the very best that they can be and has held leadership roles in some of the most challenging environments in the world.

Performance Psychology for Safety and Health Professionals

Who's the program for?

It's for health and safety professionals at all levels of an organisation. We'll give you the tools and develop your skills in the area of performance to help you and your team do better.

Click. Buy. Start

This unique program is priced at £235.

START NOW

Six Engaging Modules

Characteristics of Developing Excellence

We'll look at some of the core principles of performance psychology and how you can use these tools to develop the same characteristics in yourself and others. What this does is create sustainable excellence in the world of safety and health.

Preparation for Performance

Start to think like an elite athlete by preparing for performance in a deliberate and better way. We can do this by identifying areas where we need to be really good and great, and in areas where we need optimal performance.

Think like a Champion

Rational Emotive Behavioural Therapy (REBT) is used in lots of different areas based on the principal that our thoughts, feelings and behaviour are intrinsically linked. We'll explore how these three things impact our behaviour.

Coping with Pressure and Challenging Situations

We'll be sharing strategies for coping with pressure. You'll learn how to reframe fear through your internal dialogue by using it just like excitement. By thinking about it in a different way, it will help to launch you forward and perform better.

How Elite Performance Coaches Inspire Excellence

The way we communicate our message, the language we use and the way we listen to the communication coming into us, is critical in safety performance. Active listening and asking people for help and how we can do better, is a great way of moving towards sustainable excellence.

Goal Setting for Sustainable Excellence

Let's think differently about what success looks like in our environment – what does success look like to us as individuals? You'll also learn how to rethink how to measure your own performance and convince others that there are better ways of measuring our performance.

What delegates say

- Wow, this course has totally changed the way we think about performance. There's so much we hadn't realised.
- Every day should be a learning day – and I learned a lot throughout this program.
- A brilliant short course.
- Highly recommend it – thank you for another fascinating exchange of knowledge.
- Excellent. The lessons and learning can be applied across multi-disciplinary industry sectors.

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Discover more about how we can support you

You can get in touch with the team at Behavioural Safety Services and Training by:

Emailing **learn@behavioursafetyservices.com**

Calling **+44 (0)1665 714837**
or mobile **07803 628688**