

## **Threshold Training Network: Mental Health Project Worker** **(<https://www.activelink.ie/node/108889>)**



### **A GREAT OPPORTUNITY FOR AN INDIVIDUAL WHO HAS A KEEN INTEREST IN METAL HEALTH AND WELLBEING INITIATIVES TO DEVELOP, IMPLEMENT, AND CO-ORDINATE OUR WELLBEING PROGRAMME.**

Might you have the qualifications and skills that you can share with our participants to benefit their wellbeing?

Do you have experience facilitating mental health recovery and or wellbeing initiatives and or workshops?

Do you have a natural coaching approach and can support/motivate individuals to reach/connect with their untapped potential?

Do you appreciate support as well as a degree of autonomy in your work?

If this aligns with you, please send us your cover letter outlining how and also include your up to date CV .

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### **ABOUT THRESHOLD TRAINING NETWORK**

Despite having the word Threshold in our name we are not associated with the Housing Organisation!

Instead we are an organisation based on the main road in Tallaght Village that offers support for MENTAL HEALTH AND WELLBEING through training and education.

Our education programmes, are on the national framework of qualifications at QQI level 3 and 4. We also run a wellbeing programme comprised of wellbeing initiatives such as wellbeing workshops in addition to wellness recovery coaching at the centre. We are recognized by DDLETB, our main funder, as a Specialist Training Provider for our education programmes. TTN also receives grant support from the HSE for our wellbeing activities.

### **OVERALL PURPOSE OF THE ROLE**

The overall purpose of the Mental Health Project Worker at TTN is outlined below however the main duties and responsibilities fall into the two key areas of Wellbeing and recovery as well as Learner Support

- Provides a key role in ensuring mental health recovery values and practices are woven throughout all TTN's services
- Develops, Coordinates and Facilitates wellbeing activities for learners and or workshops for TTN participants and the community.
- Manages and carries out the Individual Learning Plans (ILPs). Meet with learners \*-1 once a month to complete their ILP's reviewing their goals and collaboratively set SMART goals.
- Part of the team that ensures the smooth running of all services in the Centre, nurturing a philosophy of wellness recovery, to empower those attending it's services to embrace personal change and manage their wellbeing for better quality of life.

### **QUALIFICATIONS AND WORK EXPERIENCE**

- Bachelors degree or above essential (NFQ 7 or above), preferably in occupational therapy.
- Other areas considered include social care, social work, training and education, counselling or psychology
- 2 years minimum experience in mental health, wellbeing and or a recovery role is desirable
- QQI level 6 qualification in facilitation and training, such as Train the Trainer desirable but not essential
- Corú registration is desirable but not essential

## SKILLS AND PERSONAL CHARACTERISTICS

- Knowledge and understanding of the challenges people face with mental health as well as mental health recovery
- A coaching approach when working with people one to one
- Facilitation skills
- Excellent organization skills with the ability to devise systems and ways of working
- IT proficiency
- Ability to work well within a team but also ability to motivate, develop and direct people

## WORKING REQUIREMENTS and CONDITIONS

Salary 28K

Five days a week: Monday to Friday Hours: 9 am - 5 pm

37.5 hour week - exclusive of ½ hr lunch break

Annual leave 25 days (pro rata) plus 2 company days

Supervision provided

Pension scheme

### To apply:

Please send cover letter and CV and any enquiries to [recruit@thresholdtraining.ie](mailto:recruit@thresholdtraining.ie) (mailto:recruit@thresholdtraining.ie)

Closing Date: 12 noon Monday 1st July 2024

Threshold Training Network is an equal opportunity employer.

### Region

Tallaght, Dublin 24

### Date Entered/Updated

12th Jun, 2024

### Expiry Date

1st Jul, 2024

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