**Executive Profile – Julie Castleman**

Trained in: Adult 2-day

Adult 1-day

Adult half-day (Lite)

HE 1-day

Youth 2-day

Schools and Colleges 1-day (from Nov 2017)

Workplace Associate

National Trainer

Julie has over 13 years’ experience of working in the Counselling and Mental Health sector. As a qualified integrative (psychodynamic & person centred) counsellor with BACP (British Association for Counselling and Psychotherapy) Accreditation, Julie has worked in Private Practice, Colleges and Universities, providing individual, group and online counselling covering a diverse range of issues. Her most recent position has been as the Student Counselling and Mental Health Team Leader at the University of Bath.

Julie has been developing and delivering bespoke Mental Health Awareness and Stress Management training for 8 years and trained as a Mental Health First Aid Instructor in 2015. She now delivers many of the MHFA courses including the HE 1- day, a course that she helped to develop. Julie is passionate about raising awareness of mental health and providing training in the wider community, work and educational settings. Her desire is to help build individuals confidence in recognising the signs of poor mental health, reducing stigma and enabling the support of others whilst enhancing people's own self-care and resilience.

**Clients delivered to:**

* Astra Training and Consultancy
* Canterbury Christ Church University
* QA/Royal Mail Group
* Social Services professionals
* Unite Students
* University of Bath
* Wiltshire County Council

**Delegate Comments:**“Julie is very knowledgeable, approachable and made the course very enjoyable”

“Julie gave me the confidence to take bold action on mental health within the organisation”

“Good at creating a calm and secure environment for discussing a difficult subject matter”

“A lot covered in the 2 days but delivered really well and very sensitively”

“An excellent, informative and extremely well-delivered course. Thank you!

“Professional / supportive / great people skills”