

safeTALK Training for Trainers (T4T)

The safeTALK Training for Trainers (T4T) is a two-day course that prepares candidates to become safeTALK trainers. Candidates learn to present the half-day safeTALK suicide alertness training in their own organizations and communities. The T4T course provides a positive and safe learning environment with mutual support and respect for differences.

What to Expect

Candidates can expect open and honest discussion with an emphasis on the seriousness of suicide and the part they can play in helping individuals and communities become suicide-safer.

During the first half-day of the safeTALK T4T, candidates will experience a standard safeTALK training to establish a common context for the course. For the rest of the T4T, candidates receive coaching support, spend self-study time with their trainer manuals and audiovisuals, and practice presenting parts of the workshop. To ensure support and safety, the coaching component occurs in the same small group of candidates.

To successfully complete the T4T, candidates must demonstrate that they will be able to present and facilitate safeTALK in accordance with standard procedures while creating a safe learning environment for their participants.

FOCUS: Begin preparing candidates to present their own safeTALK trainings

DURATION: Two days

CANDIDATES: People who want to be able to provide the safeTALK program and who have carefully considered the necessary skills and time commitments

TRAINERS: One safeTALK instructor per six to ten candidates

MATERIALS: safeTALK Trainer Manual and audiovisuals

LANGUAGES: English and French

Goals and objectives

In the course of their two-day T4T, safeTALK candidate trainers will:

- Better understand the key processes and content features of safeTALK
- Learn how to use the *safeTALK Trainer Manual* and audiovisuals to prepare for and facilitate the training
- Develop confidence to begin presenting and facilitating safeTALK
- Establish or strengthen links with other candidate trainers who may become part of a support network

For more information on the training process and expectations, read *Essential Information for safeTALK Candidate Trainers*, located under **Programs** at www.livingworks.com.au.

safeTALK T4T instructors

safeTALK T4T is conducted by LivingWorks-prepared Instructors who have substantial experience in providing safeTALK and in training safeTALK trainers. safeTALK Instructors use internationally standardized materials and processes.

“The training was very clear, accessible, and well delivered. The facilitation enhanced both safety and challenge... The sense of being part of a training community with excellent support and resources was very encouraging.”

—safeTALK Trainer Candidate

Important considerations

There are several important elements to consider before embarking on the journey of becoming a safeTALK trainer. safeTALK trainers need to endorse certain fundamental assumptions about suicide and its prevention that are taught in safeTALK. Read *Essential Information for safeTALK Candidate Trainers* under the **Programs** section at www.livingworks.com.au for more details. Candidates should also consider the following information:

Presentation and facilitation skills: Being a safeTALK trainer requires effective presentation skills, as well as the ability to facilitate discussion and engagement. Candidates should feel comfortable presenting and facilitating in front of an audience, or be prepared to work to become effective presenters and facilitators.

Time and resources: The T4T lasts two days, and full attendance is mandatory. Planning, organizing, and running the subsequent safeTALK trainings is also a significant commitment. Candidates and their sponsoring organizations, if any, should make sure they have the necessary time and resources for training.

Audiovisual facility: Audiovisuals play a prominent role in safeTALK. Candidates should be comfortable with audiovisual technology or willing to learn.

Attend ASIST: Candidates are required to attend an ASIST workshop prior to the T4T. ASIST (Applied Suicide Intervention Skills Training) is LivingWorks' two-day intervention skills workshop, and often integrates with safeTALK. ASIST-trained caregivers complete the intervention process that safeTALK-trained alert helpers initiate.

Becoming a registered safeTALK Trainer

After completing the T4T, candidates must deliver at least three safeTALK trainings within one year in order to become registered trainers. After this, they must deliver at least two trainings per year—three or more is recommended—to maintain registered status.

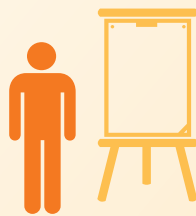
It is strongly recommended that all candidates and their organizations begin implementation planning before the T4T takes place. The dates for a candidate's first safeTALK should be set for shortly after the T4T so that the training is still fresh in mind when delivering the program for the first time.

LivingWorks can support implementation planning in a variety of ways. To inquire, email info@livingworks.com.au.



95+

T4Ts take place annually around the world



3,800+

safeTALK trainings are presented by registered trainers each year



65,000+

participants learn suicide alertness each year thanks to safeTALK trainers

*Statistics current as of March 2016.

About LivingWorks: LivingWorks is dedicated to saving lives through the creation, development, and delivery of innovative training experiences that empower individuals, organizations, and communities to be safer from suicide. To learn more, visit www.livingworks.com.au.

