mos | Training®

The Psychosocial Series

A wellbeing and leadership development series that creates safer and more connected workplaces.

The Psychosocial Series brings people skills back to the centre of work. It helps organisations build cultures where wellbeing, empathy, and performance are connected.

Each CPD-accredited course focuses on a different aspect of human-centred leadership, from mental health and emotional intelligence to coaching, physical wellbeing, and safety culture. Together, they help organisations create confident managers, resilient teams, and workplaces where people perform at their best.

At a glance

Format	In-person or E-learning delivery
Duration	Each course takes place across 1/2 day (in-person) or at the learner's own pace (E-learning)
Includes	Participant workbook, reflection tools, and all learning materials
In-person group size	Up to 12 participants
Location (in-person)	Delivered at your workplace or a suitable venue arranged with your team
Certification	CPD-accredited certificate awarded on completion
Booking	Book online by visiting mappedoutsolutions.com/training

Pricing

In-person delivery

- Delivered at your site, up to 12 participants
  Contact us for a quote

E-learning delivery

- From £110 / $220 per user, per course
- Organisation licence available for larger teams

Why organisations need this series

Teams face constant pressure and rising expectations for wellbeing and inclusion, yet most managers have had little or no formal training in the people skills that matter most. The Psychosocial Series fills that gap. It gives leaders and teams practical tools to handle pressure, strengthen relationships, and create safer, healthier cultures.

Who this series is for

The Psychosocial Series is designed for HR teams, people managers, and anyone responsible for leading others, suiting organisations that want to invest in long-term wellbeing and leadership development. Whether delivered as a complete programme or as individual courses, the series supports teams across all sectors who value performance built on trust, understanding, and care.

Benefits of the Psychosocial Series

- Improves communication and teamwork by building empathy, awareness, and shared understanding.
- Supports mental health and wellbeing by equipping managers to recognise pressure early, start open conversations, and respond with care and confidence.
- Develops confident leaders who listen well, give fair feedback, and communicate in ways that build respect, clarity, and motivation.
- Reduces conflict and stress by helping teams understand behaviour patterns, stay calm during tension, and resolve issues constructively.
- Strengthens engagement and retention by creating workplaces where people feel recognised and motivated.
- Creates a culture of openness, safety, and respect, where communication is honest and performance feels human.

The Psychosocial Series

Each course in the Psychosocial Series focuses on a different part of how people work, lead, and relate to one another. The sessions blend discussion and practical learning, giving teams the skills and awareness to build healthier workplaces. Together, they help organisations connect people, culture, and performance in a more meaningful way.

Emotional Intelligence in the Workplace

Understand what drives people and performance.

Emotional Intelligence (EI) helps people understand what drives behaviour and relationships at work. This course develops empathy, awareness, and communication skills that improve teamwork and leadership. Participants learn how to manage pressure, connect with others, and create a workplace where people feel understood, supported, and able to perform at their best.

Human Factors and Safety Culture

Strengthen awareness and communication to keep people safe.

Human Factors training looks at how people, systems, and environments influence safety and performance. This course helps organisations understand why mistakes happen and how to prevent them through awareness and communication. Learners explore decision-making, attention, and behaviour under pressure, creating safer, more consistent working practices across teams and departments.

Mental Fitness and Physical Wellbeing

Build daily habits that strengthen energy and focus.

This course explores how physical health and mental resilience work together to sustain energy and performance. Participants learn techniques for managing stress, building healthy routines, and maintaining balance through everyday choices. It encourages teams to take ownership of their wellbeing and supports workplaces that care for both body and mind.

Mental Health in the Workplace

Create open, supportive cultures that protect wellbeing.

This course builds understanding of mental health and its impact on performance and culture. It helps managers recognise early signs of stress, hold supportive conversations, and promote open dialogue about wellbeing. Learners gain practical tools to create safer, healthier workplaces where people feel seen, valued, and confident to speak up.

Book Today

Develop emotionally intelligent leaders and teams. Bring Emotional Intelligence training to your workplace with MOS Training.

www.mappedoutsolutions.com/training

Mapped Out Solutions (MOS) specialise in designing practical Management Operating Systems that strengthen leadership, improve stability, and support high-risk, high-demand environments.

Our work blends consultancy, training, and tools that make operational excellence achievable and repeatable.

info@mappedoutsolutions.com
www.mappedoutsolutions.com

mapped out solutions

We will always have a plan.