



November 2019

Re: Testimonial

Our two-day Mental Health First Aid Training course was delivered by Peter Rolfe during the month of November 2019. Peter's delivery and the content and met and far exceeded our expectations. The course certainly covered many aspects of Mental Health, whilst and most importantly drawing on Peter's knowledge and experience, which was delivered with an informative yet personal touch. This gave the delegates a greater understanding of real-life scenarios and examples of issues that could exist outside the workshop. Peter further tailored the workshop, so it was relatable to the Hotel sector and was kind enough to incorporate actual scenario's which was requested, that therefore enabled the group to 'play out' what should be said and done in case of a situation occurring.

Although we had a lot of information to learn over two days, Peter's humour and interaction with the group facilitated a comfortable pace and environment.

Thank you Peter and we look forward to having you back in the new year.

Naaz Verma
Assistant Human Resources Manager