

## Application form: ensa instructor training

### Personal information

Surname:			
First name:			
Date of birth: (dd.mm.yyyy)			
Nationality:		Residence permit:	
eMail:			
Phone number:		Mobile:	
Address:			
Post code, city, country:			
Language skills (fluent):	<input type="checkbox"/> German <input type="checkbox"/> English <input type="checkbox"/> French <input type="checkbox"/> Italian		

### Employer

Organisation / Company:			
Function:			
eMail (business):			
Phone number (business):		Mobil (business):	
Address:			
Post code, city, country:			

### Billing address

Please fill in if billing address is different from private address.

Organisation / Company:	
Surname:	
First name:	
Address:	
Zip code, city, country:	

### ensa Mental Health First Aid course/webinar completed

Date:	
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### Application for: ensa instructor training

Focus:	
Training number:	Starting date:

### Interest in the following upskill trainings

ensa upskill training	<input type="checkbox"/> ensa Mental Health First Aid: focus Youth <input type="checkbox"/> ensa Mental Health First Aid: focus Adults <input type="checkbox"/> ensa First Aid Conversations about Suicide <input type="checkbox"/> ensa First Aid Conversations about Non-Suicidal Self-Injury <input type="checkbox"/> ensa First Aid Conversations for Managers
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### Comment

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### Note

- All your information will be treated confidentially.
- Your dossier will remain with the Swiss Foundation Pro Mente Sana.

**Question 1**

The ensa Mental Health First Aid course is aimed at adults in the general public or in companies/organizations having an interest in mental health. We would like to learn more about your experience and skills that will enable you to lead a course as an ensa instructor.

1a.

What personal or professional experience and qualifications do you have in dealing with people with mental disorders and their treatment? Your answers must indicate that you are familiar with mental disorders, their treatment and the services and support they offer, or that you are willing to acquire this knowledge yourself.

Answer (max. 200 words):

1b.

What experience and/or qualifications make you a competent ensa Instructor (also in terms of good teaching and communication, as well as good social skills)?

Answer (max. 200 words):

1c.

Do you have any other experience or skills that could be relevant for your future work as an ensa Instructor?

Answer (max. 200 words):

1d.

Please list your most important qualifications and relevant further education:

Qualification:

Institution:

Senior year (yyyy):

Qualification:

Institution:

Senior year (yyyy):

Qualification:

Institution:

Senior year (yyyy):

**Question 2.**

Do you work in an organization that will support or employ you as an ensa instructor in the long term?

Answer (yes / no):

	Organisation:
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**Question 3.**

Are there any target groups that as an ensa Instructor you are particularly suitable to / that are of particular interest to you? If so, which target groups?

Answer (max. 250 words):

**Question 4.**

One of the aims of the ensa course is to reduce the stigmatisation of people with mental health problems. In your opinion, which factors reinforce the negative attitudes towards psychological stress that still persists in many people?

Answer (max. 200 words):

**Question 5.**

In your opinion, what are the most important skills an ensa instructor needs to deliver an ensa course well?

Answer (max. 100 words):

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**Question 6.**

What are the 3 main reasons why you would like to become an ensa instructor?

Answer:


**Question 7.**

What would you do if a person in an ensa course that you are teaching breaks down psychologically?

Answer (max. 150 words):

**Registration**

To **apply** to the ensa Instructor Training, please upload the following as a pdf file to <https://ensa.swiss/en/instructors/course/>

- this completed form
- your short curriculum vitae (max. 2 pages A4)

We will check the documents and get in touch with you.

Approximately **4 weeks before the start of the training** we will inform the applicants by e-mail whether they have been accepted.

After acceptance, you will receive the invoice, which must be paid before the training. By paying the invoice sent after the training confirmation, participants acknowledge that the documents used **in the ensa instructor training are the intellectual property of the Pro Mente Sana Foundation** and may not be reproduced or made available to other persons or organizations without written permission.

**Contact**

For all questions, please contact:

Mecky McNeil, ensa instructor coordinator:  
[m.mcneil@promentesana.ch](mailto:m.mcneil@promentesana.ch)

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