



## About the trainer **Hollie Bremner**

- BACP registered psychotherapist, mental health trainer, and founder of The Lived Lens.
- Experience delivering mental health training & workshops for organisations across Scotland & online.
- Brings warmth, human connection, authenticity, & creativity to every training.
- Brings a lived-experience perspective on neurodivergence, disability, mental health, and queerness.

## ABOUT THE LIVED LENS

The Lived Lens exists to honour people's lived-experience, making sure **people's stories and voices** are at the centre of how we learn about & support mental health.

Drawing on years of work across mental health, The Lived Lens offers training spaces that are creative, inclusive, and alive with curiosity — **where human difference is not just accepted, but celebrated.**

## CONTACT US



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[www:// thelivedlens.co.uk](http://www.thelivedlens.co.uk)

# The Lived Lens

## MENTAL HEALTH TRAINING & WORKSHOPS BROCHURE

**2025-2026**



# Example training themes

## • NEURODIVERGENCE

Understanding neurodivergent experiences (such as ADHD, Autism, Dyspraxia, Dyslexia) through a lived-experience perspective, practical advice on how to support neurodivergent people. Challenging the deficit-based narrative.

## • LGBTQIA+ MENTAL HEALTH

Understanding identity, minority stress, and inclusion in practice — with emphasis on safety, visibility, and allyship.

## • SUPPORT FOR EATING DISORDERS

Creating space to understand people's relationships with food, body, and self — without judgment.

## • DISABILITY

Challenging our understanding of disability, centring disabled people's voices, inclusive advice for supporting disabled people.

## • OTHER

Mental health in the workplace, race & culture, crisis support & self-harm, supporting all emotions

# Why choose us?

- The Lived Lens offers something **DIFFERENT** in mental health training, we put people and their experiences first.
- Training will **ALWAYS** have a lived-experience speaker, guest speakers will be hired to share their experience if the trainer does not have personal experience of the topic.
- We like to make training fun, inclusive, and create moments for real human connection. There will always be time allocated for 'The Lived Lens perspective', where group discussions will take place on the topic.
- Training will always seek to keep people engaged, through varying activities, interaction with each other, and colourful presentations.

# Cost

- My standard rate is £400 for a 3 hour training session.
- Discounts are available for all day (9-5pm) trainings

Please email me for training & workshop enquiries/ custom quotes

**training@thelivedlens.co.uk**

# Format and delivery

- Custom topics are available — each session is collaboratively designed to meet your organisation's needs.
- Can be delivered both in person at your workplace or chosen training space, or online. I can also design training for online learning platforms.
- Accessibility- Please inform me of any accessibility needs when booking, I can adapt materials to suit the needs of participants.

# Testimonials

- "I learned more about Autism & ADHD from 3 hours with Hollie than I have in 20 years of mental health work."
- "Really enjoyable and was nice to feel so connected to others in a training, I learned a lot."
- "Hollie was very knowledgeable, interactive and approachable. The training was beneficial for my role and I will take a lot away."
- "Training with Hollie had a lot of activities which were engaging and really helpful for my learning style."