

Workshops for Organisations

Wellbeing in the Workplace

1-2 hour session workshop

Wellbeing in the Workplace can help you as an employer to support your workers through stress, emotional challenges and poor mental health.

We support to combat stress, anxiety, low mood and to help build resilience. This workshop includes psycho-education on the causes of stress offering techniques, practical strategies and support to help challenge unhelpful thinking.



Introduction to Wellbeing

2 hour workshop

Ever wanted to learn more about mental health and how it can affect you, your family, friends and colleagues? Introduction to Wellbeing provides education on how mental health can affect us all and what we can do about it.

This workshop introduces evidence based techniques and helps you to understand what professional support is available from the Wellbeing Service and how to access it.



Improving your Sleep

1-5 hour session workshop

Improving your Sleep is suitable for anyone who is experiencing problems with their sleep regardless of age or physical health difficulties. Research tells us that poor sleep can negatively affect both our mental and physical wellbeing.

This workshop allows you to understand sleep and sleep patterns, it also looks at the physical and mental benefits of good quality sleep. This workshop also gives you practical solutions to allow you to improve your every night wellbeing.

Intro to Mindfulness

1-5 hour session workshop

Practicing mindfulness can help you to reconnect with your body, your mind and your environment. In this workshop we discuss how this applies to mental health and wellbeing.

Through learning a skill called meditation, we will practice good mental health and learn techniques for a healthy mindset.



Coping with Worry during Coronavirus Times

2 hour workshop

This workshop is for everyone who is experiencing worry during these Coronavirus times. Although it is normal to worry during times of uncertainty, it can also start to affect our emotional health and general wellbeing.

This workshop will explore themes such as understanding worry, what maintains worry and offers tips on how we can cope with worry in a more helpful way.



Living in Uncertain Times

2 hour workshop

Coping in a Covid world. A reflection on the journey we have been through. We will also look at using proven techniques to encourage us to move forward with our lives, helping us all to find our own new normal and to manage the journey ahead.



Anxiety Toolkit

1-2 hour session workshop

Anxiety is something that we all live with. This workshop helps us to understand anxiety whether that be our through our own experiences, or reflecting upon the experiences of those around us. Using evidence based techniques we give tips for managing anxiety in daily life, and provide more information on how to seek extra support if it's needed.



Successful Study

1 hour workshop

Successful Study is a workshop written to help with the process of study. It provides practical advice and support to give the best chance of success.

Within an understanding of the mind and brain, Successful Study provides a variety of ideas and tips to get the best out of ourselves when it really matters. This workshop is written for anyone who is undertaking study whether it be GCSEs, A Levels or Further Education and the content will benefit any student regardless of age and level of study.