



Short sessions to Improve Wellbeing at Work and in your Personal life.

Coffee'n'Chat or Lunch'n'Learn sessions (30-60 minutes) - Pick & Mix from the following

1. Stress - how much stress is good for you?	2. Stress - Exploring Helpful & Unhelpful strategies	3. Five Ways to Wellbeing - for you personally	4. Five Ways to Wellbeing - for you <u>and</u> your workplace
5. Other Ways to Wellbeing	6. What Makes us Happy?	7. What Keeps us Happy?	8. Barriers to Happiness
9. Resilience - How can you Bounce Back quickly?	10. Learn to Reframe, learn to change your reactions	11. * Breathing - why you can use it as a Secret Weapon	12. Mental Health Awareness in an hour
13. Common mental illnesses - Depression	14. Common mental illnesses - Anxiety	15. How to support someone with a mental illness in the work place - noticing, awareness, timing	16. How to approach someone you are concerned about - start a conversation and keep listening
17. Listening Skills You have Two Ears, one mouth & WAIT	18. **Optimising SLEEP & reducing Fatigue Do you sleep well?	19. **Unhelpful thinking - stop that negative self-talk - Part 1	20.**Unhelpful thinking - stop that negative self-talk - Part 2

* Coffee'n'chat only. 30 mins ** Lunch'n'Learn only. 60 mins Others can be adapted to either

Coming Soon - Laughter Yoga - available for 1 hour session

We also have colleagues who can deliver Yoga, Mindfulness & Massage sessions

Contact us for your choices and to arrange delivery of these interactive sessions

Suitable for team meetings, away days, conferences, groups of all kinds

Pricing Structure

Up to 3 coffee sessions, same day - maximum of 16 people per session - £300

Up to 2 lunch sessions, same day - maximum of 16 people - £300 for up to 2 sessions

Full Day training £1150 (All resources included)