

# Webinar Sessions

## You Are What You Eat

### You Are What You Eat

This webinar focuses on developing a healthy relationship with food. To get the most out of life, feeling physically and mentally healthy, it is important to take time to understand what foods are helpful, and which might be a hindrance to living life to its fullest.

#### Specifically, the webinar covers:

- How food affects mood
- Information on food groups/importance of nutritional food
- How mealtimes are an opportunity for connection
- Easy changes that can be implemented for healthier food choices

Time: 60 Minutes

## The Power of Sleep

### The Power of Sleep

This webinar will provide attendees with an understanding of just how crucial sleep is for physical and mental wellbeing. Alongside walking away feeling more educated on the role of sleep, there will be an opportunity to assess personal sleep routines and consider alternative routines and methods for getting a more healthy, quality sleep.

#### Specifically, the webinar covers:

- Why is sleep important?
- What happens when we sleep?
- Sleep/wake cycle
- Sleep deprivation - links to illness
- How to set a routine for better sleep
- Avoiding sleep procrastination
- Improving the sleep environment

Time: 60 Minutes

## Changing your Perspective on Mental Health

### Changing your Perspective on Mental Health

This is an interactive wellbeing session. Attendees will be hearing a deeply impactful personal journey with mental ill-health and discuss the stigma and reactive approach that needs to change. Through some introspective questions and interactivity, employees will come away with a toolbox to look after their own wellbeing and be better equipped to support the people around them.

#### Specifically, the webinar covers:

- An impactful personal story of mental health and the lessons learnt
- Actionable points to help manage mental health and support others
- Taking a more proactive approach to mental health
- Why the 'reactive' approach to mental health isn't working and how we can change it
- Building a toolbox to help deal with difficult times
- How to support others

Time: 60 Minutes

# Webinars

## Building Resilience to Effectively Manage Everyday Stress

### Building Resilience to Effectively Manage Everyday Stress

This will be an interactive session, exploring the proactive tools to consider to build on existing personal resilience. Attendees will learn how to maintain connection with other people and themselves so that they feel better equipped to handle adverse events or the everyday stress of things such as a heavy workload or conflict with a loved one.

#### Specifically, the webinar covers:

- An impactful personal story of mental health and the resilience built as a result of that adversity
- What does it mean to be resilient?
- How resilience impacts performance
- The power of vulnerability
- The 4 pillar resilience strategy to be able to deal with difficult situations
- Creating a resilience toolbox to deal with change
- Leading the way: how to help others deal with difficult situations

Time: 60 Minutes

## Hybrid Working: How to Optimise your Wellbeing and Productivity

### Hybrid Working: How to Optimise Your Wellbeing and Productivity

In this webinar, we take employees through the most effective ways to remain productive and motivated whilst shifting between working environments, specifically focused on core mental wellbeing. There will also be discussion around how to effectively maintain connections with other people, the self, and work. The session also includes a deeply engaging Values Exercise whereby employees will spend time self-reflecting to understand what motivates them.

#### Specifically, the webinar covers:

- Connection to the self, to others, and to work
- Keeping focus/motivation whilst hybrid working
- Optimising your home environment for success

Time: 60 Minutes

## Mindfulness: The Types of Practices and How To Get Started

### Mindfulness: The Types of Practices and How To Get Started

In this session, employees discover the importance of mindfulness and how you can use it in your everyday life to manage stress, anxiety and low mood. Attendees will also uncover the myths of mindfulness and will walk away with tools to start benefiting from a mindfulness practice that's tailored to them.

#### Specifically, the webinar covers:

- The myths of mindfulness
- The key benefits to daily mindfulness
- How to get started with a simple mindfulness practice
- Being more mindful at work
- A live mindfulness exercise for your employees

Time: 60 Minutes

# Webinars

## Avoiding Burnout: How to Manage Stress and a Heavy Workload

### Avoiding Burnout: How to Manage Stress and a Heavy Workload

This webinar looks at the impact of persistent stress that could eventually lead to burnout if appropriate steps are not taken to minimise its risk. The session will include several strategies that can be implemented to manage a heavy workload to avoid it becoming a stressful and intimidating endeavour each day and create a toolbox to take away, with coping mechanisms that are individual to personal circumstances and preference.

#### Specifically, the webinar covers:

- The impact of stress and how to identify stress both internally and in others
- Coping mechanisms for managing stress
- How to ask for help with a heavy workload
- Effective planning and management of a heavy workload to minimise stress
- Time management techniques to feel less overwhelmed

Time: 60 Minutes

## Managing Suicide Grief

### Managing Suicide Grief

A difficult topic to discuss, but for many, one that's extremely important. Suicide bereavement impacts a lot of people and the grief itself for many others can consume them and impact their overall working and personal life. This session is led by personal experience and talks about the complexities of suicide, dealing with guilt, answering "why" and gives employees positive steps to be able to move forward after a suicide.

#### Specifically, the webinar covers:

- The misconceptions of suicide and the impact on how we perceive suicide
- Dealing with guilt and forgiveness that comes from suicide grief
- Managing the unanswered questions such as "why"?
- Supporting yourself after a suicide and supporting others

Time: 60 Minutes

## How to Support Yourself and Others Dealing With Grief

### How to Support Yourself and Others Dealing With Grief

It can be tempting to shy away from the difficult conversation of death even though grief and loss is something inevitable for most. This session breaks down the walls that surround grief, looking at the 5 stages of grief, tools to manage loss alongside tips on how attendees can have more open conversations and support others going through grief.

#### Specifically, the webinar covers:

- The impact of grief and how individual the grief journey can be
- Coping strategies for grief
- Managing the cycles of grief
- Why loss and forgiveness play a huge part in how we grieve
- Breaking the awkwardness - how to approach a difficult conversation with someone dealing with grief
- What not to say to someone dealing with grief
- Detachment and dealing with guilt

Time: 60 Minutes



# Webinars

## How To Set Goals and Achieve Them Successfully

### How To Set Goals and Achieve Them Successfully

This webinar focuses on the mindset and the practical steps required to achieve personal goals. Goals big and small can be the stepping-stones to a happier life and the way we set them can make a difference in achieving them. Having experienced a collectively challenging period, now is the perfect time to look ahead, increase motivation and set new personal development goals.

#### Specifically, the webinar covers:

- Why do we have more time to achieve our goals than we might expect
- The importance of setting goals that are achievable but challenging
- Foolproof ways to set yourself up for achieving your goals
- Ways to monitor progress and keep motivated

Time: 60 Minutes

## Dealing with Imposter Syndrome

### Dealing with Imposter Syndrome

Many people have experienced a time when they didn't feel good enough. Many people have also felt out of their depth. In this session we'll be looking at imposter syndrome, its impact, and what the attendees can do to manage it. Employees will be provided with tools throughout this interactive session to improve their self-esteem and self-worth.

#### Specifically, the webinar covers:

- What exactly is imposter syndrome
- Knowing what imposter syndrome feels like
- The different types of imposter syndrome and the causes
- Dealing with perfectionism and the need to take on a heavy workload to impress others
- General tips to manage imposter syndrome inside and outside of work

Time: 60 Minutes

## Managing Anxiety in Everyday Life

### Managing Anxiety in Everyday Life

In a world where we are increasingly encouraged to strive for a better 'tomorrow', it is only to be expected that we will experience worry from time to time. This webinar focuses on developing a sense of calm and relief from anxiety both inside and outside of the workplace. For employees to get the most out of life and their career, it's important to take time to slow down for long enough to calm an anxious mind.

#### Specifically, the webinar covers:

- Anonymous polling to spark conversation and help employees find out how their colleagues are feeling
- An impactful story of personal experience with mental ill health
- What anxiety is, and how it differs from worry
- Misconceptions around anxiety
- Understanding where anxiety might have come from
- A wealth of different tools that can be used in the workplace to manage anxiety
- Learning how to stay productive and calm in the workplace

Time: 60 Minutes

# Webinars

## How To Build Self Esteem

### How To Build Self-Esteem

This webinar focuses on developing confidence and self-esteem both inside and outside of the workplace. In a world where we are increasingly encouraged to compare ourselves to our peers, it can be hard to stay confident in the lane that we're in. For employees to get the most out of life and their career, it's important to take time to acknowledge capabilities, what's possible and all the tools that are already there to be able to achieve goals.

#### Specifically, the webinar covers:

- What is self-esteem?
- The common myths about self-esteem
- Self-esteem in the workplace: why does it matter?
- The signs of experiencing low confidence
- How to build self-esteem
- Reflective and introspective exercises throughout to explore how to challenge negative thoughts

Time: 60 Minutes

## Strengthening Connections

### Strengthening Connections

At some point in life, most people struggle with feelings of loneliness and a sense that they are an outsider. Although it's not commonly spoken about, it's important to acknowledge all of the ways people can sometimes isolate further without even realising it. This session will look at how attendees can overcome the feeling of loneliness by becoming comfortable in their own company.

#### Specifically, the webinar covers:

- The difference between loneliness and isolation
- How to feel more calm and comfortable when you are on your own
- How to feel more connected to your colleagues at work
- Addressing the fear of making friends as an adult
- Tips for overcoming the nerves you feel before meeting new people

Time: 60 Minutes

## Finding Your Why

### Finding Your Why

Finding fulfilment in the everyday can be a challenge if you are not sure what your purpose is. This wellbeing session will provide employees with a process to help find clarity and meaning in life. Through looking at internal and external influences, attendees will uncover what truly drives them and develop an unwavering sense of purpose.

#### Specifically, the webinar covers:

- An impactful personal story of mental health and finding purpose
- What is purpose and why is it important?
- Looking outwardly to find purpose
- Introspective tools to discover what we already have to offer the world
- Building a legacy
- Clarity on what your Why is

Time: 60 Minutes

## Financial Wellbeing

### Financial Wellbeing

In this webinar delivered by a Financial Adviser, your employees will receive professional advice on how to take control of their financial lives, helping them to plan and build the future they want.

Our interactive and informative sessions give your staff the opportunity to gain a better understanding of the benefits of taking control of their financial lives. As well as building knowledge, we seek to provide the time and space for individuals to explore areas of concern and ask specific questions about their financial circumstances.

We will work with you to tailor the webinar to your employee's specific needs.

#### Specifically, the webinar can cover:

- Budgeting basics
- Awareness and control of daily finances
- Getting onto or moving along the property ladder
- Understanding financial products
- Creating security for your family
- Longer term planning – retirement
- Planning for unexpected events

Time: 60 Minutes

## Managing Low Mood

### Managing Low Mood

Sadness and low mood are normal parts of human experience. But what happens when they become more pervasive and disabling? In this webinar, Jess Robson will be sharing her lifelong journey with depression to highlight the day to day impact it can have on a person's life and wellbeing.

Employees will be learning the symptoms of low mood and depression, how it can take hold, and will walk away from the session with coping mechanisms to make it more manageable. Low mood can often make it harder to stay motivated in the workplace too, so employees will have an opportunity to explore what can be done to maintain momentum with productivity.

#### Specifically, the webinar covers:

- What is low mood - how it differs from depression
- Misconceptions around low mood
- Understanding low mood - where does it come from?
- How to manage low mood
- Increasing motivation at work

Time: 60 Minutes

## Neurodiversity at Work

### Neurodiversity at Work

This session is led by personal experience from Mel Francis, a neurodiversity champion. The focus of the session is to look at the importance of a neurodiverse workplace and what employees can do to educate themselves alongside providing further support to those employees around them.

This session can either be led by Mel herself or together with Paul as a more conversational style webinar encouraging discussion amongst the attendees as well.

#### Specifically, the webinar covers:

- The evolution of 'neurodiversity' and what it means
- An overview of each of the neurodiverse conditions and some of their 'typical' traits
- The interconnectivity between conditions and mental health challenges
- Dispelling some myths about each of the conditions
- Understanding and appreciating people as individuals and how neurodiverse talent enhances our teams
- Practical steps to being neuroinclusive amongst your team
- An opportunity for employees to ask questions

Time: 60 Minutes



# Webinars

## Men's Mental Health

### Men's Mental Health

In this session, we're focusing on mens mental health. With suicide being the biggest killer of men under 45, it's important to open up the conversation around men's mental health to try and tackle the stigmas that still exist today.

This session will involve personal conversations around mental health and will be led by personal experience.

### Specifically, the webinar covers:

- Why men might find it hard to talk about mental health
- The importance of vulnerability in and outside of the workplace
- How to deal with negative coping strategies
- How to engage with men about mental health
- Plus more

Time: 60 Minutes

## The Power of Empathy in the Workplace

### The Power of Empathy in the Workplace

In this session you'll discover the importance of empathy at work, from becoming more empathetic to the links between empathy and high performance. Lead by personal experience, the objective of this session is to help you walk away with a fresh perspective on empathy as a skill, with practical strategies on how to implement it within your role.

### Specifically, the webinar covers:

- What is empathy and why is it important?
- Empathy vs sympathy vs compassion - what's the difference?
- The tools you need to be a more empathetic person
- How empathy has evolved in the workplace
- Strategies on helping others become more empathetic at work
- How you can support others with mental health via an empathetic approach
- Plus more

This session will include time for a Q&A.

Time: 60 Minutes

## Navigating Difficult Conversations

### Navigating Difficult Conversations

Mental health should be treated in the same way as physical health. Everyone has it and we need to look after it. But many of us still avoid conversations about mental health and it can significantly impact wellbeing. It's important to have the skills and confidence in holding supportive, meaningful conversations around our own mental health and the mental health of others.

This session will highlight the skills needed and increase confidence in being able to hold a supportive conversation about someones mental health, by looking at how we can approach these situations with empathy and compassion.

### Specifically, the webinar covers:

- Understanding the impact silence can have and why we may find it difficult to talk about mental health
- The benefits of talking about mental health
- A framework for reaching out and holding a supportive conversation with someone about their mental health
- How to look after ourselves and tips on how to personally reach out to someone when we may be struggling with our own mental health

Time: 60 Minutes



# Webinars

## Habits of Highly Productive People

### Habits of Highly Productive People

There is a notable distinction between being busy and being productive. The key to getting a lot done is not just “working hard”, but also “working smart”.

This session will provide you with the habits and tools that you can adopt to be more productive at home and in the workplace.

The aim is to help you feel like you’re capable of taking on your to-do list without feeling overwhelmed.

### Specifically, the webinar covers:

- Understanding your current stressors and barriers to productivity
- How to “work smart”
- 8 key habits to adopt to be more productive at work and in your personal life
- Tools to implement to help you feel motivated and productive

Time: 60 Minutes

## Exploring Nature: Disconnect to Reconnect

### Exploring Nature: Disconnect to Reconnect

Many of us work indoors for hours every single day, which doesn’t leave a lot of time for embracing our natural surroundings. However, there are lots of benefits we can get from being out in the open air. From visiting our local parks to tending to plants in the garden, spending quality time with nature has been proven to have a positive effect on our mood.

This session aims to inspire employees to take time away from their desk and the different ways to spend time in nature.

### Specifically, the webinar covers:

- What nature is and why it is important to be connected to it
- The benefits of connecting with nature on our wellbeing and the impacts if we don’t
- Ways to connect more with nature, including how to do so in urban areas
- Mindfulness techniques to use in open spaces

Time: 60 Minutes

## Perimenopause and Menopause Awareness

### Perimenopause and Menopause Awareness

6 out of 10 women experiencing menopausal symptoms say it has a negative impact on their work. With the right support, there’s no need for women to press pause on their career during this natural transition. But many women will continue to suffer in silence unless we break the taboo and start talking openly about menopause at work.

This isn’t just a topic for women, men are indirectly impacted by menopause through wives, colleagues, friends and family. This is a webinar for all!

### Specifically, the webinar covers:

- Understanding what perimenopause and menopause are, the differences and the transition process
- The symptoms of perimenopause and menopause, alongside the impact on personal and work life
- Practical tips for women to support themselves inside and outside of work
- Introduction to practical tips employers can use to support their employees going through perimenopause and menopause

Time: 60 Minutes

