




# Your very own mental wellbeing partner




Tackle mental health stigma and deliver proactive support to your employees through our interactive webinars, wellbeing app and training workshops.



 **Paul McGregor** Presenter

Hi guys! Welcome to today's wellbeing session!

## Your Roadmap

MARCH	
1-7	Eating Disorder Awareness Week 
8	International Women's Day 
15-21	Nutrition and Hydration Week 
19	World Sleep Day 
20	International Day of Happiness 
22	Webinar: 7 Ways To Improve Sleep - Online Session  



*“Our focus is to be your mental wellbeing partner, not just another service provider. We do this through our passionate team of people who, like everyone, all have their own experiences and drivers to transform workplace wellbeing”.*

*P McGregor*

*Founder, Everymind at Work*

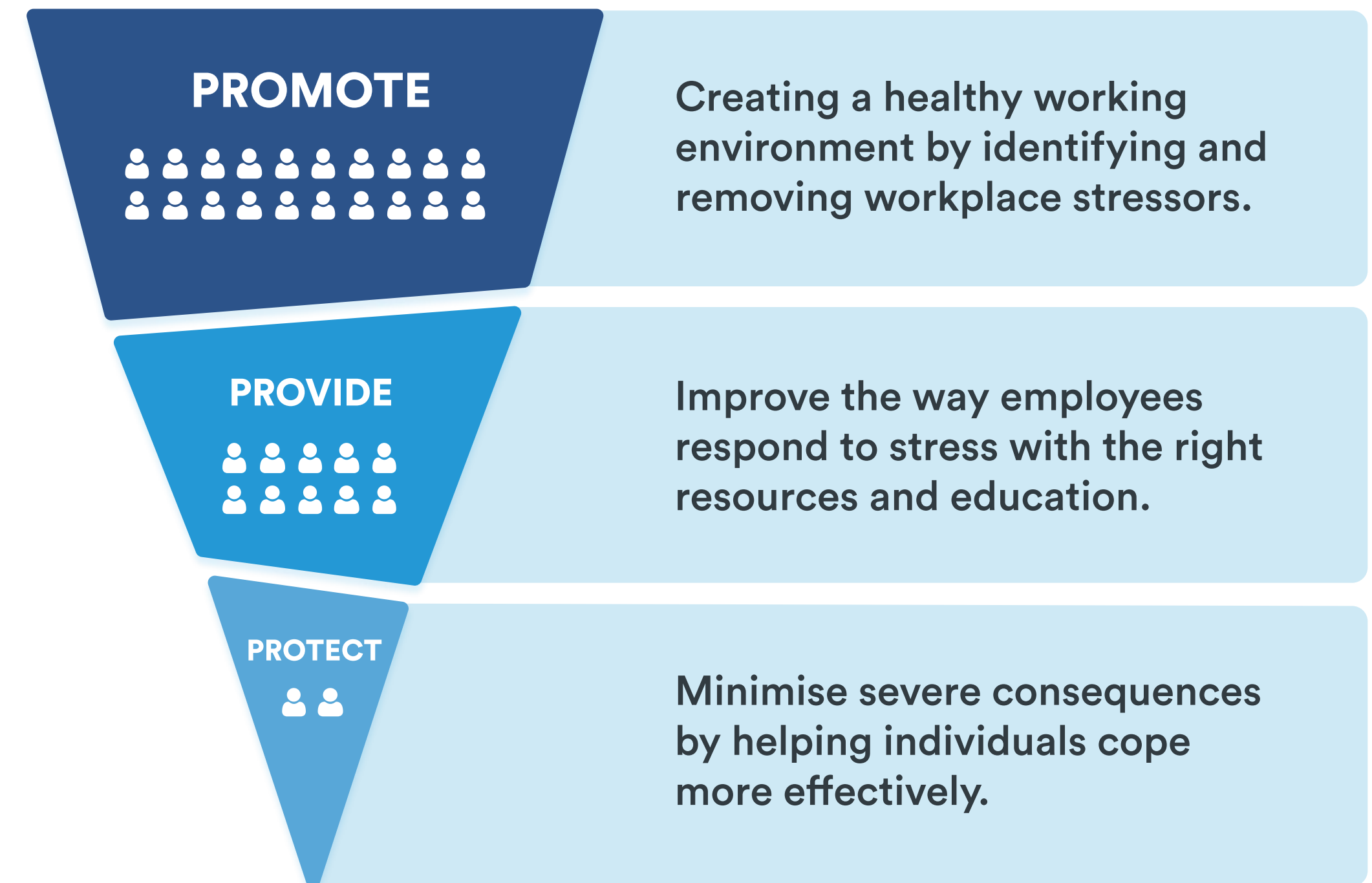
# Our approach

For years, businesses have focused too much on reactive solutions that only help individuals in crisis (such as EAPs). However, **a preventative approach is required to truly improve outcomes for employees.**

That means delivering proactive mental wellbeing support across the year, helping to prevent individuals from reaching crisis point in the first place.

Our approach is backed by clinical psychology and lived experience of transforming wellbeing across businesses of all sizes. We believe a **successful wellbeing strategy is defined through 3 key pillars** that consider the unique needs of you and your employees.

## The 3 pillars of workplace mental wellbeing



Using the 3 pillars of workplace mental wellbeing, we've created an approach to help businesses stop being reactive with workplace mental health interventions and start being proactive.

## 01 Promote

To create a supportive environment for employees to excel, we must identify and remove as many workplace stressors as possible.

This means addressing mental health stigma in the business, giving employees ongoing proactive support and making the workplace a safe space for mental health conversations.

## 02 Provide

Not all stressors are in the employers' control and some individuals may be at higher risk of stress or mental ill health than others.

Therefore, the provide pillar aims to improve individual employee reactions to stress by educating them on effective ways to manage and respond to stressors.

## 03 Protect

This stage is reactive, and understands that some individuals may seek specialist assistance with their mental health needs (such as an EAP or workplace counselling).

By implementing early interventions across pillars 1 and 2, employees are less likely to reach pillar 3. However, a robust wellbeing strategy should cover all 3 pillars.

# Becoming a partner



# Partnering with Everymind at Work

When you partner with us, you're delivering crucial proactive support to your employees across the year and **removing the pressure of improving wellbeing on your own**. As an partner, you'll get:

- The Everymind 3 P's approach built around proactive support
- A 12-month personalised wellbeing roadmap
- Your own Wellbeing Business Consultant
- Wellbeing webinars to tackle areas of concern
- The Everymind Champions Course
- A choice of training workshops (optional)
- Our employee wellbeing app (optional)
- Check-ins for MHFAs/Champions/Managers (optional)
- Insights into how other businesses are improving wellbeing

**Here's everything you can look forward to...**



## Our Partnership

# Claim back time with your wellbeing roadmap

We give you a personal roadmap that helps you coordinate your wellbeing initiatives across the year. This means you get ready-to-go, clinically backed wellbeing resources on tap that you can send to your employees with confidence. Best of all, you no longer need to create the content yourself or be the expert, we give you the support you need.

The roadmap also includes any training workshops and wellbeing webinars you've booked with us, bringing everything into one place.

**Your upcoming events**

**FEBRUARY**

- 1 App Launch →
- 1-7 Children's Mental Health Week
- 4 Time To Talk Day
- 22 Check in from us, providing data and insight →

**MARCH**

- 1-7 Eating Disorder Awareness Week
- 8 International Women's Day
- 19 World Sleep Day
- 20 International Day of Happiness
- 22 7 Tips To Improve Sleep - Online Session →
- 30 World Bipolar Day

**22 MARCH**

**7 Tips To Improve Sleep - Online Session**

Time: TBC  
Attendees: Open to all employees  
Date: 22nd March →

**12 JUNE**

**Training for Senior Managers**

Time: 12pm - 2pm  
Attendees: 6 from senior management  
Date: 12th June →

## Our Partnership

# Your very own Wellbeing Business Consultant

Simply think of your Wellbeing Consultant as another member of your team! When you become a partner they'll be with you every step of the way, whether that's sending you resources, reviewing your data during check-ins or booking your wellbeing webinars in, they support you throughout the year.

If you're feeling out of your depth in HR, you're not alone. That's why our Consultants will also be there to answer any of your wellbeing questions so you can focus on improving outcomes for your employees.



**Rakelle Maurici**

Wellbeing Business Consultant

*"I love the humanistic-approach we've adopted as Wellbeing Business Consultants at Everymind at Work. Our mission is to build solid connections with our partners by understanding their needs to provide them with the best support we can."*



**Jessica Robson**

Wellbeing Business Consultant

*"It's incredibly rewarding to see more businesses looking to improve the wellbeing of their employees. I'm very proud to be on that journey with my clients and it's truly heart-warming when I see the positive impact we're delivering together."*



## Our Partnership

# Webinars that touch the hearts and minds of your employees

Our wellbeing webinars are so powerful because they're shaped by personal experiences. That means we're able to support employees with areas where they might need help. We use anonymous polling in the sessions to spark conversations and uncover how your employees are feeling so we can better support them.

Plus, we do all the work for you. We host the session, provide the comms and share all of our insights with you. They're incredibly popular and you'll find out why.

## Your upcoming wellbeing webinars

13  
MAY

### Keeping Well Whilst Working From Home 🧡

Time: 1pm-2pm

Attendees: 134 employees

Date: 13th May



23  
AUGUST

### Managing Stress & A Heavy Workload 💪

Time: 9am - 10am

Attendees: 70 employees & 6 management

Date: 23rd August





## Our Partnership

# Create Everymind Champions in your business

Creating Everymind Champions in your business is absolutely crucial. **These are employees who are passionate about mental health and wellbeing**, helping you to break down stigma and ensure you're not the only one promoting wellbeing in the business.

Mental wellbeing shouldn't just sit on the shoulders of HR. We'll train and support your Champions so they can offer ongoing support to colleagues and drive initiatives that improve workplace mental health. Explore **our free Everymind Champion Course** to learn more!

## Training Workshop



Participants (168)

<b>LU</b>	Lisa Urban (Me) 🙋	🗨️
	Glenna Emel (Host)	🗨️ 🗨️
<b>PM</b>	Patrick Mitchell	🗨️ 🗨️
<b>AS</b>	Alyssa Smith	🗨️
<b>SL</b>	Sally Learner	🗨️

### Q&A

**Sally** 01:54 PM

As a manager, how can I create a safe space for my team to open up around mental health?

Comment

## Our Partnership

# Interactive training with clear learning outcomes

Our online training workshops cover the most crucial areas to improve workplace mental wellbeing; including resilience training, management training and Champion training. Most importantly, they're built to be engaging so instead of employees day dreaming during the session, they'll walk away with the right skills and knowledge.

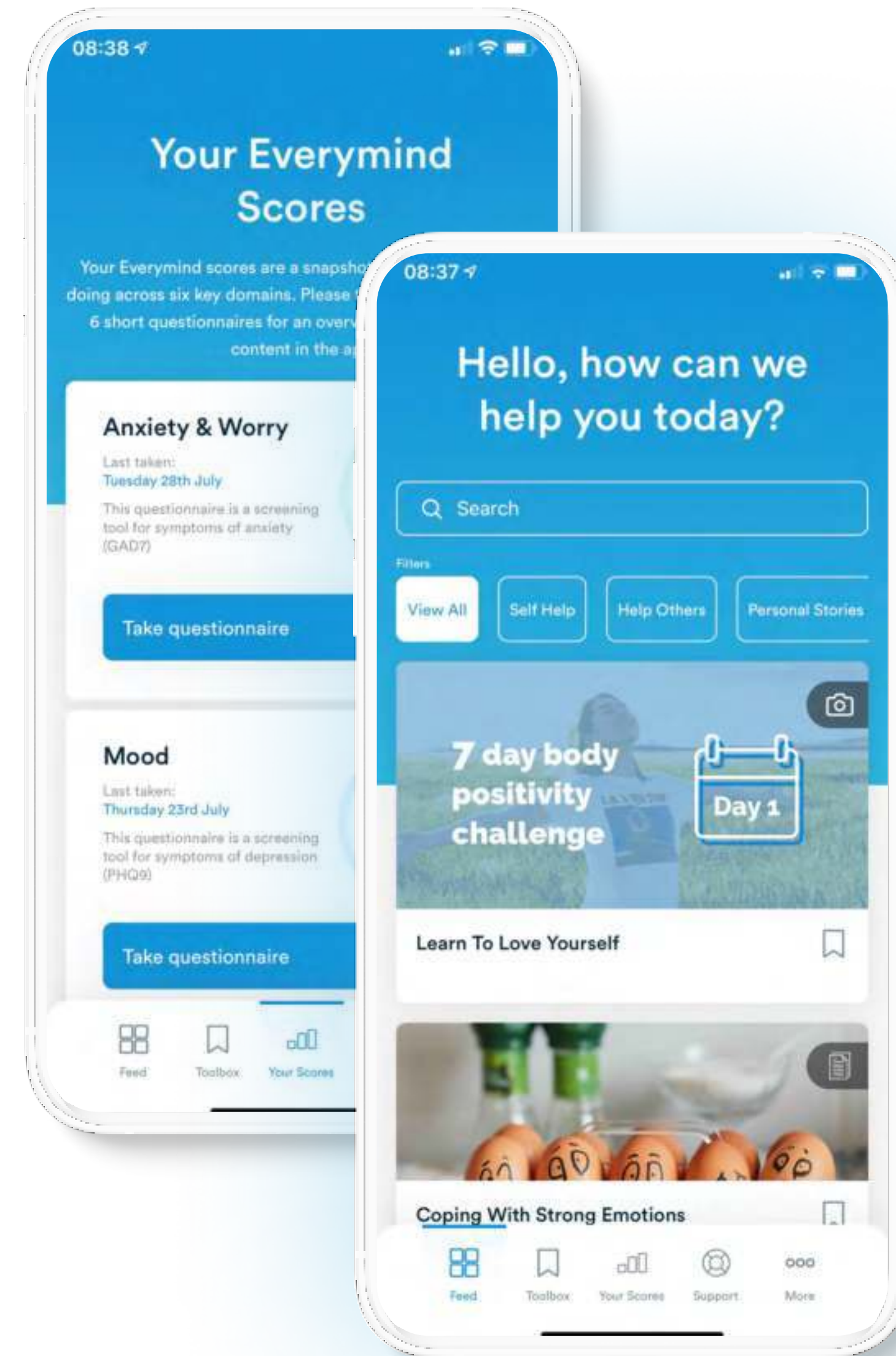
All training workshops are evidence-based and reviewed by our Head of Psychology and practicing Clinical Psychologist, Lauren Callaghan.

## Our Partnership

# The Everymind at Work wellbeing app

More than just a mindfulness app, employees can track their mental health through a series of clinically-backed questionnaires. Once complete, they receive an Everymind Score<sup>®</sup> to better understand their mental wellbeing.

Through the app, your employees have on-demand access to hundreds of videos, articles and podcasts covering every area of mental wellbeing. This means that they can find support quickly and have a place that they know supports their wellbeing needs as they change.



## *Our Partnership*

# A proactive approach to employee wellbeing

Many HR and People Professionals shoulder the burden of improving employee wellbeing on their own. The good news is, we're here to help. We've created an evidence-based approach that's underpinned by clinical psychology so you can deliver the right proactive support to your employees with confidence.

When you become a partner, you're choosing to be proactive instead of reactive, helping to prevent employees from reaching crisis point in the first place.



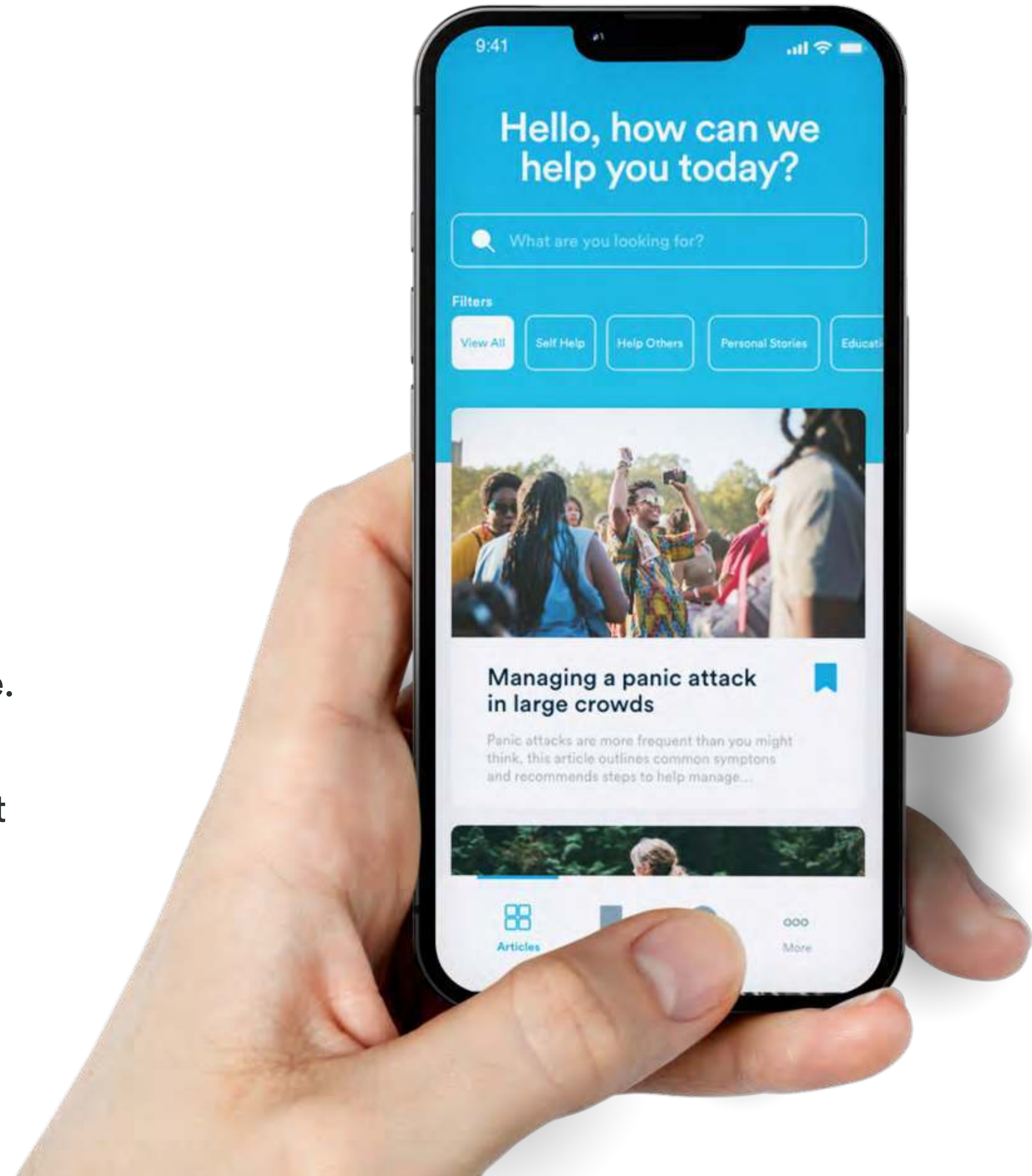
# The Everymind wellbeing app

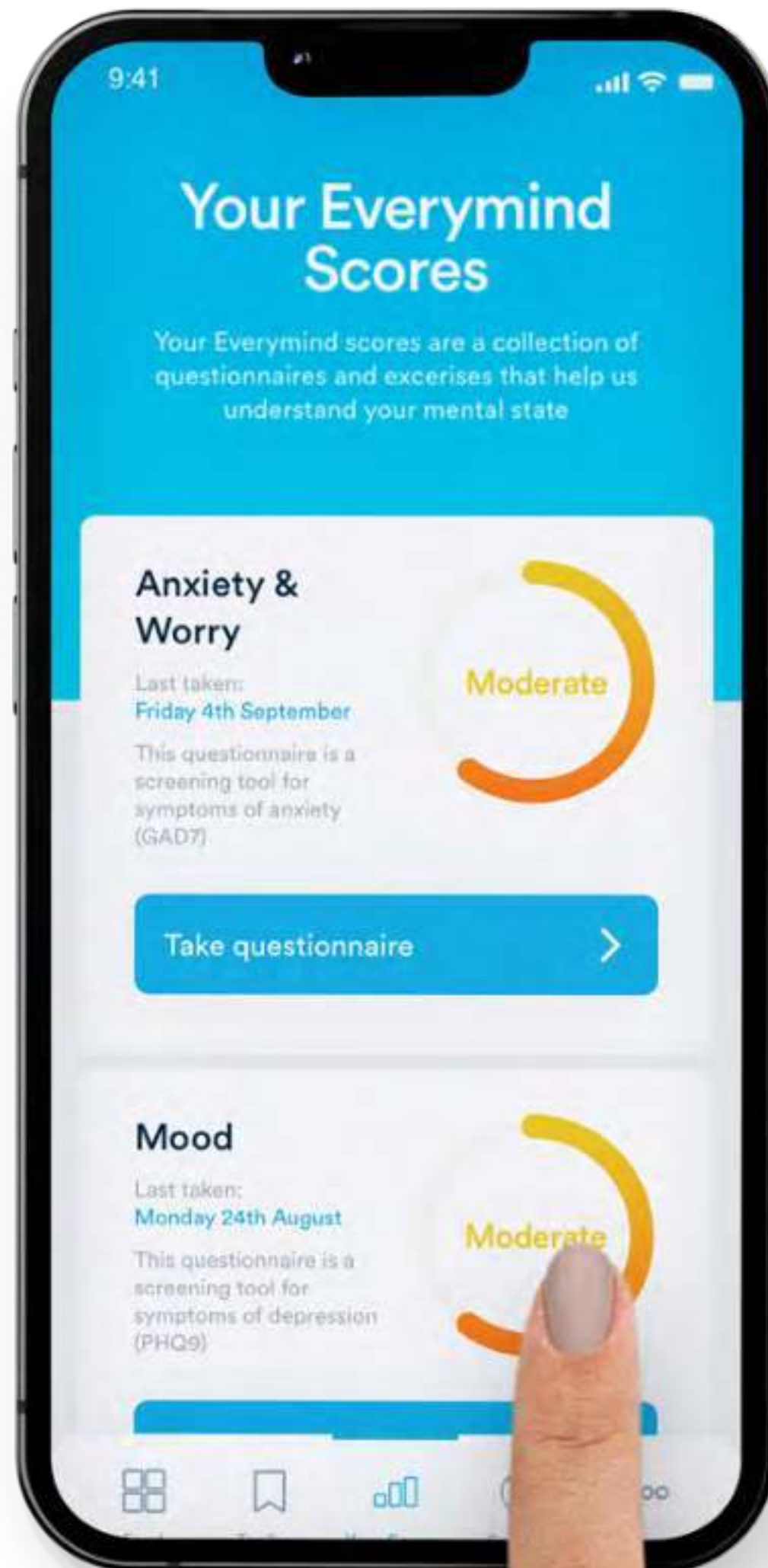


# Wellbeing support in employees' pockets **24/7**

Give your employees on-demand access to a vast library of wellbeing resources and support. You'll find articles, podcasts and videos covering a wide range of topics including personal mental health stories, stress reduction exercises, meditations, yoga and much more.

Plus, our app is designed to show personalised content to your employees based on their interests and needs, avoiding a 'one size fits all' approach.





# Assess and understand wellbeing with **Everymind Scores**

Our wellbeing questionnaires have been designed to help employees better understand and improve their wellbeing, focused on 6 key areas of wellbeing: Anxiety & Worry, Mood, Lifestyle, Self Belief, Connections, Work.

Our wellbeing questionnaires were designed by practicing Clinical Psychologist and Head of Psychology at Everymind at Work, Lauren Callaghan.



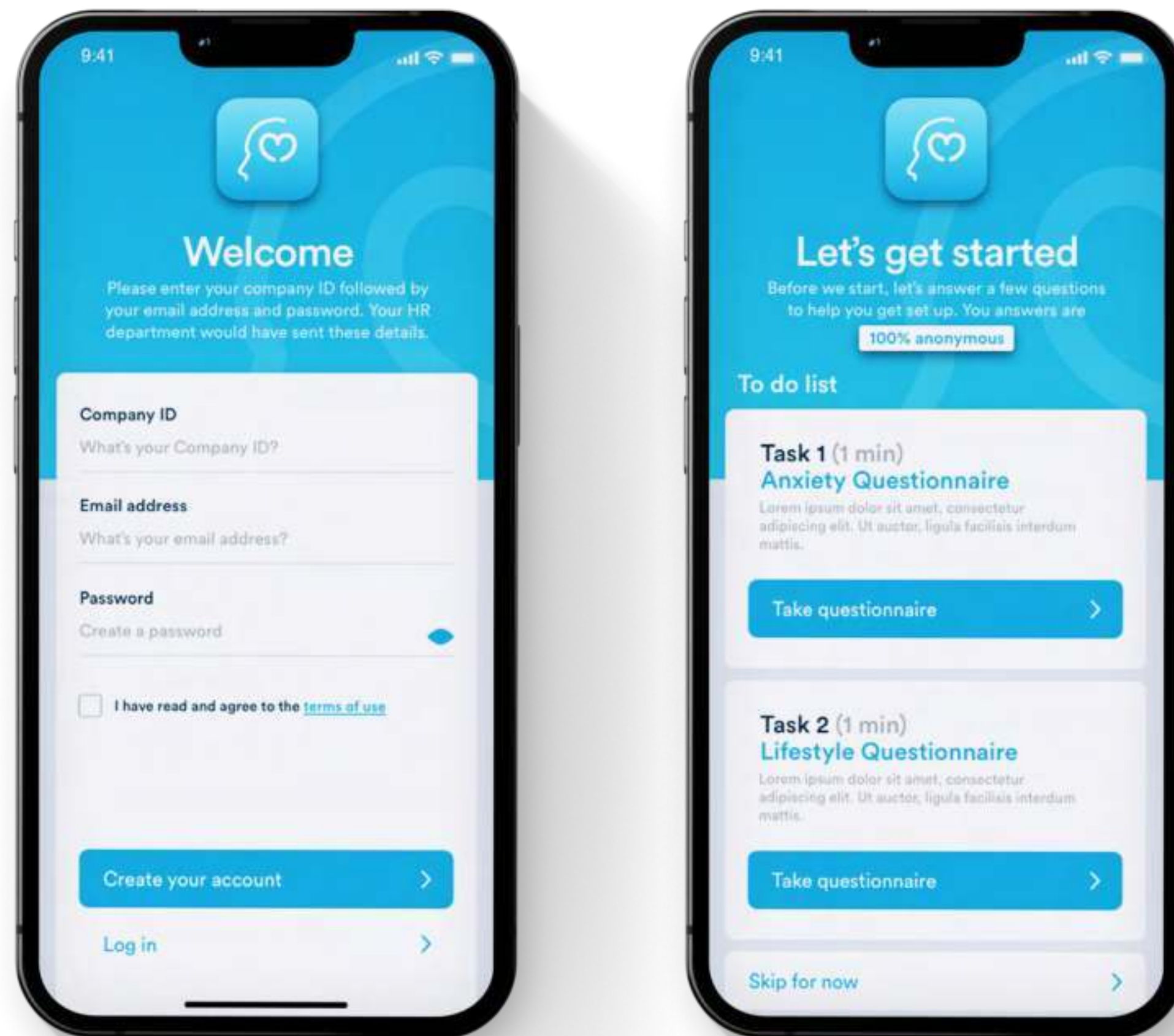
# Employee wellbeing insights from your HR dashboard

When employees complete their Everymind wellbeing questionnaires, the data is anonymously fed back to a dashboard where you can track collective wellbeing across the business.

The platform highlights the areas you need to improve along with how you compare with other businesses on our platform.



# Easy setup and onboarding to drive engagement



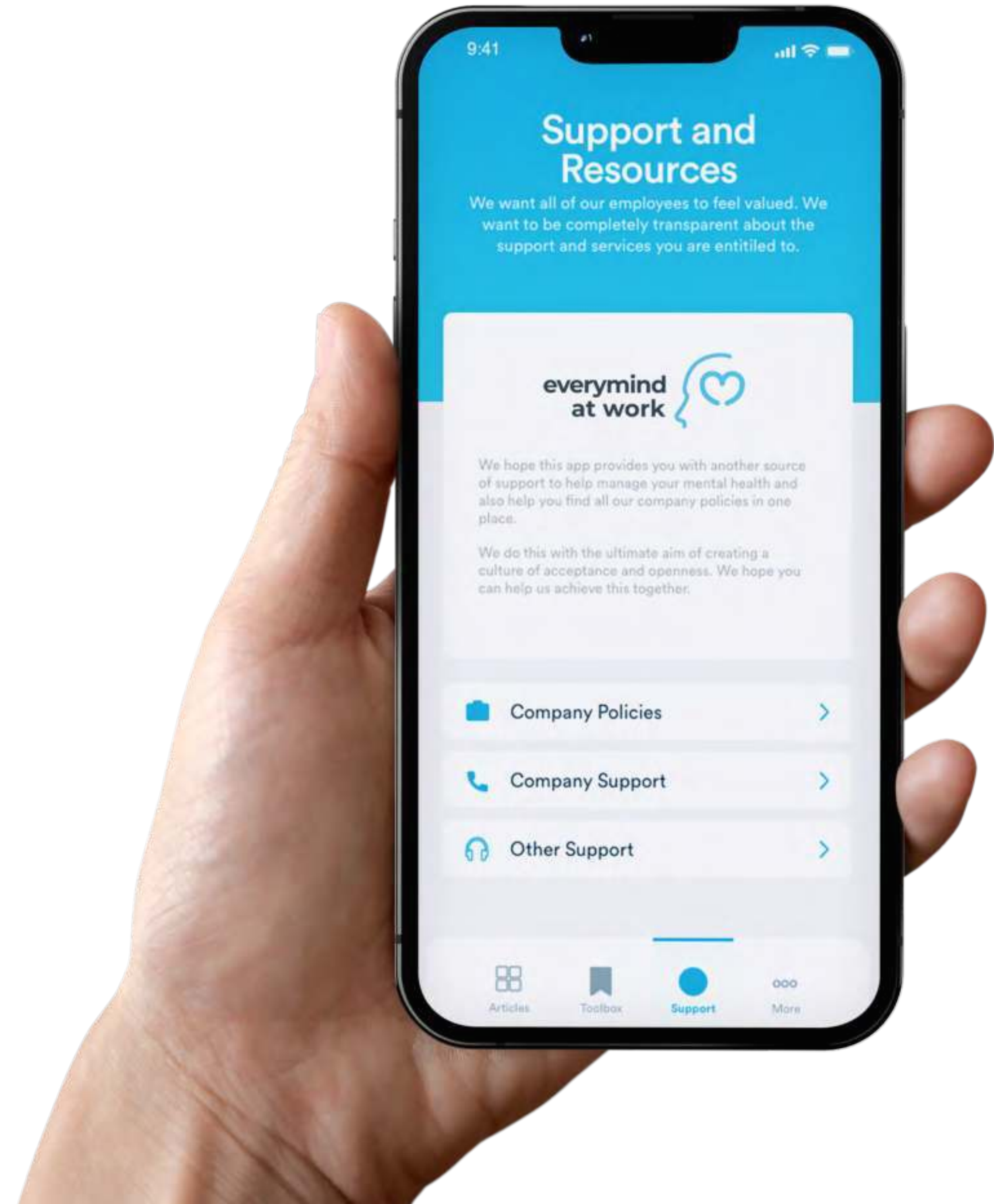
So many employees are feeling 'app fatigue', that's why we've made signing up as simple and easy as possible.

In 3 simple steps your employees will be able to access our full library of wellbeing content and wellbeing questionnaires. To make life easier, we run a launch webinar with your employees to ensure onboarding is as smooth as possible!

# Fully customisable and built to **support** **your business**

We brand the app for every company we work with, from integrating your existing initiatives to tailoring the content.

You can also include all of your company policies along with company support and contact details such as the HR team, Mental Health First Aiders, Champions and more.





*All data is encrypted at rest.*



*We are fully compliant with the EU General Data Protection Regulation (GDPR).*



*We always ensure only authorised persons have access to the database, this is limited to 3 people.*



*We have implemented two factor authentication to all systems where sensitive information is stored.*

# 100% compliant and secure for peace of mind

We understand the importance of keeping employee personal information secure and have taken the appropriate steps to safeguard special category data.

You can read our full privacy policy on our website which discloses how Everymind at Work collects and manages such data.

# Wellbeing webinars & training



# Wellbeing webinars

**Driven by your wellbeing needs**

Tailored to your employees, our wellbeing sessions are hosted by credible experts within the industry and are extremely interactive. We use anonymous polling throughout each session to spark conversations and gather insights for your business.

Plus, we do the work for you. Hosting each session, sending you the 'comms' to share with your employees and sharing all of the insights with you! These sessions are a great way to raise awareness and give your employees the tools they need.



# What we offer

A glimpse at some of our topics...

## Changing Perspectives

How to support your own mental health along with others including how to manage difficult conversations and understand where your responsibility ends.

## Managing Stress

How employees can better manage workplace stress by utilising the right interventions and having support in place.

## Resilience

The 4 pillar resilience strategy to help you deal with difficult or challenging situations, inside and outside of the workplace.

## How to Build Self Esteem

How to develop confidence and self-esteem both inside and outside of the workplace.

## Goal Setting

How to create the right mindset and set goals in a practical way. Goals, big and small, are the stepping-stones to both a happier life and career.

## Financial Wellbeing

How to take control of your finances, budget effectively and plan for the future you want.

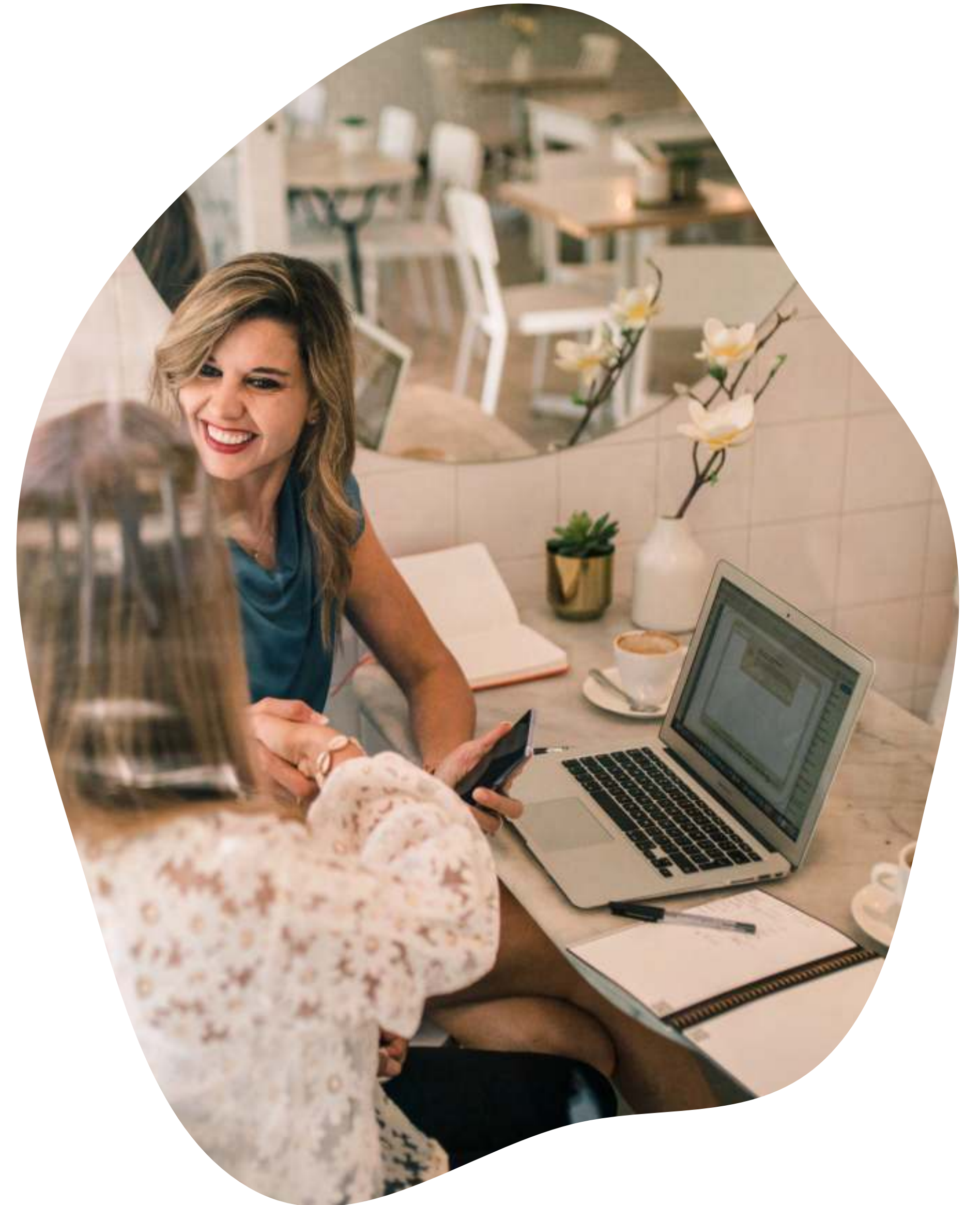
***We have over 20 wellbeing webinars for you to choose from!***

# Resilience training

Looking to provide your employees with the tools they need to be more resilient?

We provide a 2.5 hour interactive workshop that equips your employees with tools that they can implement both personally and professionally.

Participants will walk away with 10 practical exercises, and their own resilience toolbox that will help them to continue developing their resilience.







## Part 1: What is resilience and why does it matter? (1hr)

- Definition of resilience
- What does it mean to be resilient?
- Resilience + performance
- The power of vulnerability



## Part 2: How can we build better resilience? (1hr)

- Steven Covey - circle of control
- 4 Pillars of resilience
- Creating your resilience toolbox to deal with change



## Part 3: How can we help others build resilience? (0.5hr)

- Leading with resilience
- Reflections on teamwork and challenges faced
- Building accountability with resilience development

# Resilience training

Building resilience helps employees manage stress inside and outside the workplace more effectively.

In this practical session, we define what it means to be resilient and cover the key approaches to help employees feel more in control and able to handle adversity in life.

## Up to 50 attendees per session

*\*We recommend between 12 - 16 attendees for stronger engagement and interaction*

# Learning outcomes

## **Recognise the status of your own resilience and wellbeing**

Build self awareness and feel more in control of your reactions to events as they arise.

## **Avoid overwhelm by developing a positive mindset**

Understand why our natural instinct is to react negatively to particular situations and learn how to develop a positive mindset that's more supportive and helpful.

## **Adopt resilience strategies that help you bounce back**

Walk away with a series of tools that help you deal with the challenges that life and work can bring.



# Management training

Providing managers with the tools to manage their own mental health along with their team

We provide a 2.5 hour interactive session to help managers support others and provide them with confidence to have those difficult conversations with their team.

It's a session focused on education but equally, managers will walk away with tools, exercises and activities to help them in their role.





## Part 1: Changing our perspective on mental health (1hr)

- Why stigma still exists and our personal responsibility as a role leader in reducing it
- Moving from a reactive to a proactive approach



## Part 2: Spotting the signs that someone needs support (1hr)

- The importance of asking twice and starting safe conversations
- What to do when an employee opens up to you



## Part 3: How to manage a crisis situation as a manager (0.5hr)

- Knowing where your responsibility ends and knowing when to sign post
- Managing and improving your own mental health to help you help others

# Management training

Managers play a key role in breaking down mental health stigma and creating a safe space for employees.

This session provides the necessary education, tools and management practices so they're able to create a supportive environment for their team, understand when to sign post and adopt effective strategies to support their own wellbeing.

## Up to 50 attendees per session

*\*We recommend between 12 - 16 attendees for stronger engagement and interaction*

# Learning outcomes

## **How to tackle stigma in the workplace**

As a manager, you'll learn the full impact of mental health stigma and your role in helping to reducing it.

## **How to embrace vulnerability as a leader**

Learn about the power of vulnerability and how it can have a remarkable impact on those around you.

## **Adopt a framework for supporting others**

We'll break down Ask, Listen and Signpost. Giving managers the confidence to know when an employee is struggling and how to approach them.

## **Learn how to support yourself from burnout**

This workshop will allow managers to walk away with tools to ensure they don't neglect their own mental health.



# Advanced Champion workshop

**Going further to support your mental health champions**

This 2 hour workshop is for businesses that want to fully leverage the power of Everymind Champions, helping them understand their role in supporting colleagues and breaking down mental health stigma in the workplace.

Champions will also uncover their “why” and increase their self-awareness so they can understand their own inherent strengths and limitations. They will also learn how to create a personal wellbeing strategy, giving them the confidence to approach a number of workplace mental health scenarios.





### **Part 1: Developing self awareness (40 mins)**

- Understanding motivations for being a Champion
- Acknowledging strengths and limitations
- How to set firm boundaries



### **Part 2: How to be an Everymind Champion day-to-day (40 mins)**

- Developing a unique strategy to implement in the workplace
- How to effectively tackle mental health stigma and support colleagues



### **Part 3: Hypothetical scenarios to explore through discussion (40 mins)**

- Knowing 'Ask, Listen, Signpost'
- Role playing a number of mental health scenarios to create confidence

# Advanced Champion Workshop

A 2 hour workshop designed to build on the Everymind Champion course and help employees explore their role as a Champion, how they can start using it on a daily basis and what they should do in different workplace scenarios.

Champions will continue to have access to the resources and challenges sent on a monthly basis to support them in their role.

**Up to 30 attendees per session**

# Learning outcomes

## Finding Your 'Why'

Recognising your “Why” and increasing self-awareness so that you can understand your strengths and limitations in supporting others.

## Boosting Confidence

Feel confident in approaching different mental health scenarios that might arise.

## Personal Wellbeing Strategy

Creating a personal wellbeing strategy to use in the workplace and identifying what you are able to commit to.





# Check-in sessions

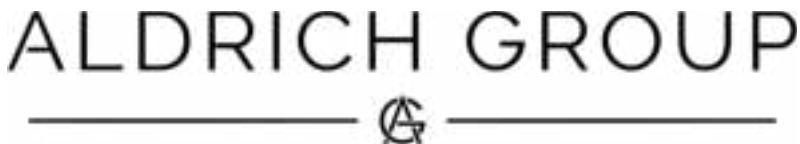
## Additional support for crucial roles in the business

We can provide check-in sessions for your Champions, Managers and MHFAs to ensure they're supported with their own mental health and wellbeing. Not only this, but the check-ins give individuals a chance to ask questions so they can be more effective in their role and in supporting those around them.

As an external partner, we'll host an interactive online session, sparking conversations and gathering insights around the role they play and what the business can do better. We host these sessions and recommend they are run as smaller groups for a more personalised approach.



# Who we've helped



*Helping a range of businesses take a proactive approach to workplace wellbeing*

# Why choose us?

## Your partner, not another service provider

We want to be more than a tick box exercise for your company, we want to help all our clients implement real change.

## Shift from reactive to proactive

We help businesses shift to a preventative approach. For too long employees have been left without the right tools and support to manage their own wellbeing. We're here to change that.

## Reduce your workload and reclaim time

We appreciate that as a business, improving mental health is just one focus in an ever changing landscape. Our partnership saves you time, gives you confidence and helps you maximise your existing resources.



# Real people. Real stories. Real passion.

**We're with you every step of the way.**

We've come a long way in a short space of time and it's all down to our people. Our personal experiences and expertise around mental health has allowed us to shape a unique approach to workplace wellbeing.

Our commitment is to help you and your employees thrive by changing perspectives around mental health and providing that crucial layer of support that sits at the heart of a happy, healthy and productive business.



# What our customers are saying...

“

*Everymind at Work's person-centered approach was a huge sell for us. The best thing about them, is the people that work for them! Plus the easy-to-use app with engaging content and support is relevant, fresh and simple to use.*



**Kelly Osborne**  
Head of Health & Wellbeing



“

*I was really sold by the roadmap and wellbeing calendar that supports workplace mental health. This means we're able to support HR's workload so that we don't miss out on important mental health days throughout the year that are crucial.*



**Cheryl Earle**  
Head of Human Resources



“

*Jess and Paul's sessions were brilliant and the response we had was outstanding. More employees have been opening up and talking with us; the feedback we got was amazing and took us by surprise.*



**Joanne Aldridge**  
Head of Franchise





# Thank you

*Let's transform workplace mental wellbeing together by  
delivering proactive support to your employees.*

[everymindatwork.com](https://everymindatwork.com)