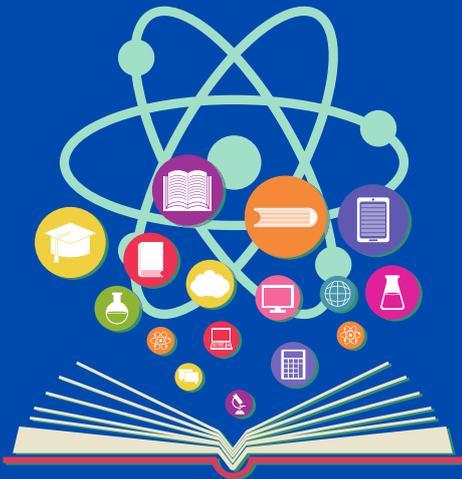


INTRODUCING

OUR TRAINING BROCHURE



**SPECIALISTS IN
WORKPLACE MENTAL
WELLBEING**

**AN OVERVIEW OF OUR TRAINING
CATALOGUE**

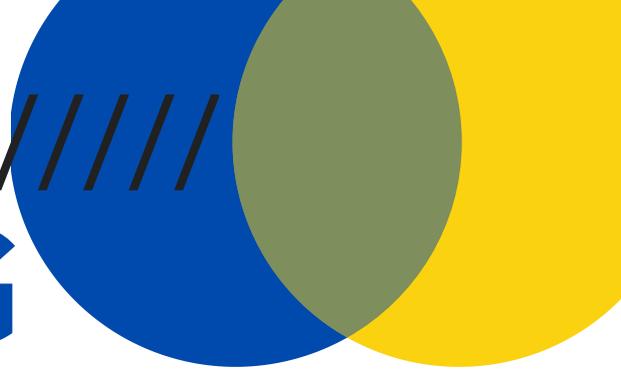
2021

www.wellityglobal.com



WELLITY

TRAINING



We cover a broad range of training topics related to workplace wellbeing and all content is customised based on our pre-training consultation and training needs analysis.

All training is delivered by a global expert and the content created specifically to meet the needs of the audience; we pride ourselves on creating extremely innovative solutions using a range of content, including engaging training/promotional videos.

Courses can be available in 1hr, 2hr, half day or full day format based on your organisational needs.

E-LEARNING



ONLINE

Over 30 e-learning immediately available SCORM compliant courses that can be hosted on our platform or your LMS. Buy a bundle of courses or just the one.



AT YOUR PLACE



ONSITE

Whether a "lunch-and-learn" seminar or a six week programme, we can deliver all our training on site. Using customised case studies and interactive exercises, the learning experience is guaranteed to be a powerful and effective one.

VIRTUAL



ONLINE

All workshops can be delivered virtually via Zoom. We use a variety of interactive techniques to ensure that the training is an immersive and thought provoking experience.

BLENDED



In our modern working world, a blended learning approach can suit the varied needs of your workforce. For example, this may include an onsite workshop followed by a series of virtual sessions and assessments. We can also blend training content with post 1-1 sessions with a qualified therapist.



THE FIVE PILLARS



A HOLISTIC
APPROACH

WE PROVIDE A
NUMBER OF
DIFFERENT TRAINING
OPTIONS BASED ON
THE FIVE CORE
PILLARS OF
WELLBEING

We are proud to boast
a vast global network
of professionals in
each area to meet the
needs of your people.



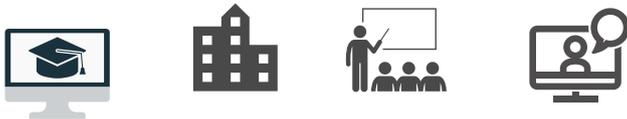
AVAILABLE COURSES

MANAGEMENT TRAINING



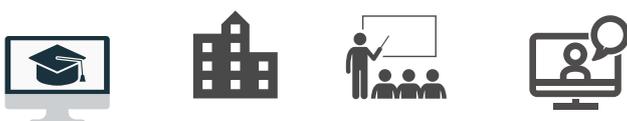
COURSE TITLE - CREATING A MENTALLY HEALTHY WORKING CULTURE

Most people spend one-third of their adult life at work and there is a high probability that many people are likely to experience a spectrum of mental health issues. Unfortunately research shows that the workplace is where many people feel uncomfortable talking about issues relating to their mental health. This course is aimed at helping managers build psychologically safe working cultures where people can talk honestly and openly about their mental health and wellbeing. It focuses on the prevention of work-related ill-health and the promotion of healthy working practices.



COURSE TITLE - STRESS AWARENESS AND MANAGEMENT

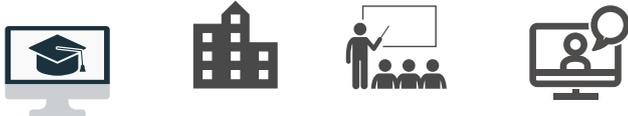
As a manager, it is vital that you have the knowledge and skills to practically tackle stress in the workplace. This includes understanding aspects of the workplace that could be detrimental to staff wellbeing and taking steps to manage these risks accordingly. This course is designed to give you an indication of the different factors associated with stress as recognised and some actions to consider to actively tackle sources of stress. It will explore the practical tips for recognising and managing stress in a proactive and healthy way.





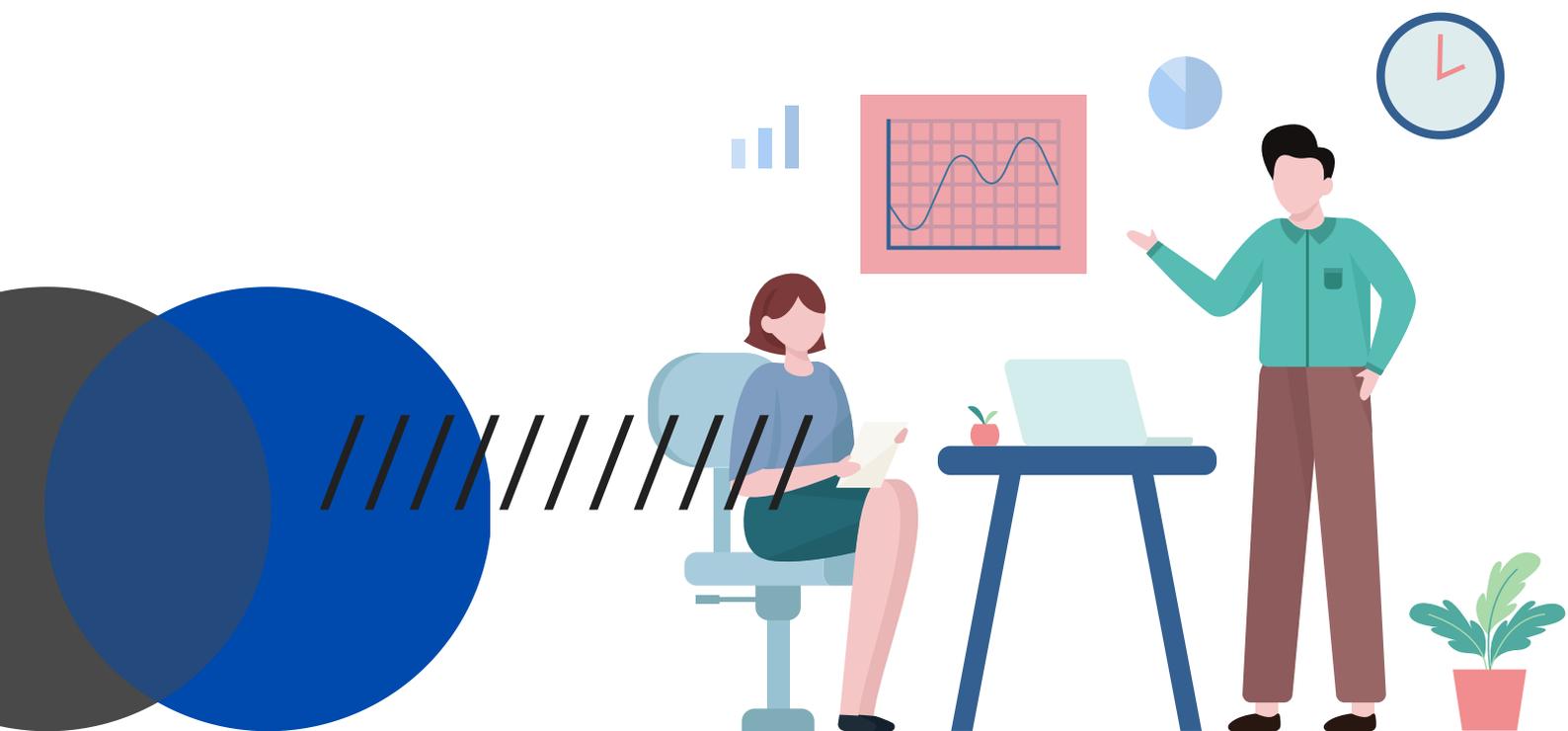
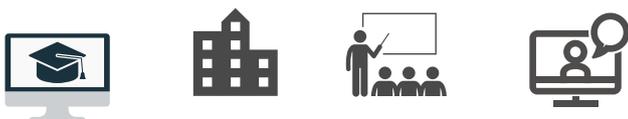
COURSE TITLE - LEADING THROUGH CHANGE

An essential management skill in our modern working world is the ability to navigate through change and lead from the front. Whether it be an organisation-wide transition, unexpected external events, or an internal restructure, it is undeniable that the business landscape is often in a state of flux. This session will equip attendees with the skills to adapt to change and inspire and motivate others to follow their lead.



COURSE TITLE - THE PRISM PROGRAMME – PSYCHOSOCIAL RISK MANAGEMENT (AVAILABLE AS 3HRS ONLY)

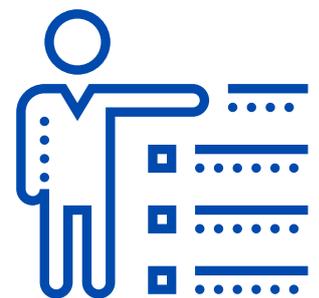
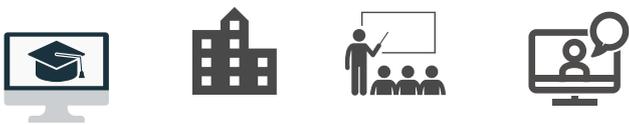
An exclusively developed course for all managerial and supervisory staff to learn about recognising and managing work related issues that can lead to stress. The PRISM programme explores the Identification, Surveillance and Management of Psychosocial Risks and equips attendees with a comprehensive understanding of the cause and consequences of these hazards and how to work in accordance with best practice to proactively tackle triggers and contribute towards healthier and happier workplaces.





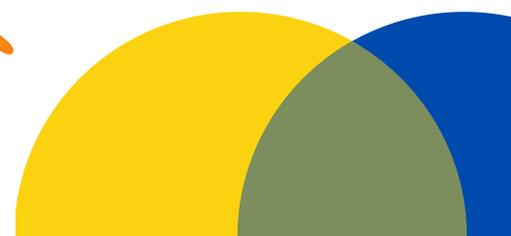
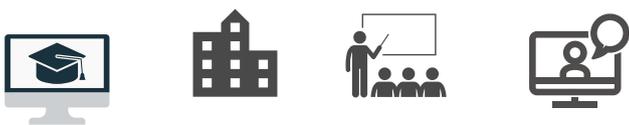
COURSE TITLE - LEADING A VIRTUAL TEAM

Virtual teams are here to stay. They offer employers the chance to build dream teams without borders. For employees, they offer freedom and flexibility to work where they live, optimise their contribution and attain a healthy work-life balance. While virtual teams have been shown to increase productivity and lower attrition they also present unique challenges for managers. Communication, trust, monitoring workload and wellbeing status are some of the challenges that managers face on a daily basis.



COURSE TITLE - THE RESILIENT LEADER

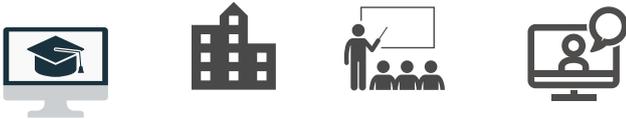
In a challenging and changing working world, employees will naturally turn to their leader to decide how to respond in times of difficulty. As such, leaders play a huge role in influencing an organisation and its employees and can directly impact levels of physical and mental health through positively leading by example. This seminar will reveal the proactive ways a leader can embed resilient strategies in their teams.





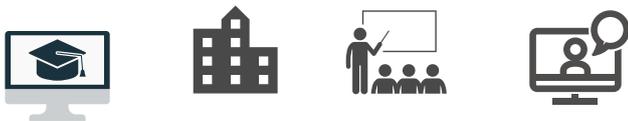
COURSE TITLE - MENTAL HEALTH AWARENESS FOR MANAGERS

Every manager has a legal, business and moral responsibility to be proactive in helping support their employees during times of need. Our working lives can have a powerful influence on our mental state and as leaders in a demanding and high-pressured world, it is essential that we develop the confidence and competence to identify individuals at risk and intervene in an appropriate and effective way. The aim of this session is to help you to recognise signs of concern and respond appropriately.



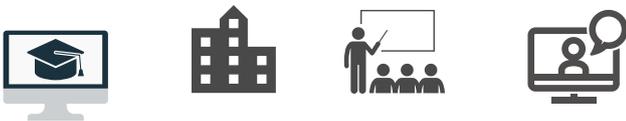
COURSE TITLE - INCLUSIVE LEADERSHIP

We all come to work with the expectation that we are going to be treated appropriately - be shown respect, have our ideas and opinions listened to, be provided with the information we need to do our jobs and feel safe. This training session will empower attendees with the awareness and knowledge to cooperate and communicate with respect, embrace differences, address concerns in a constructive way and help contribute towards a collective vision built on a collaborative, respectful and harmonious work culture.



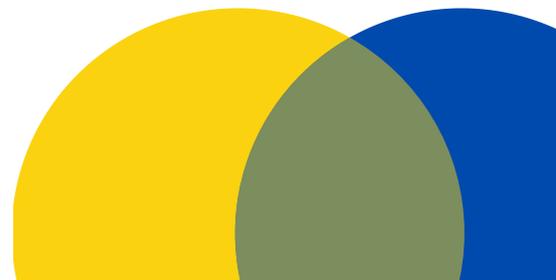
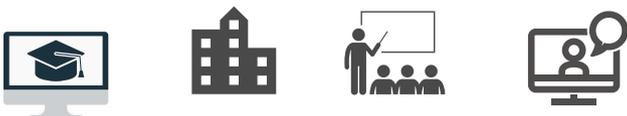
COURSE TITLE - CONFLICT RESOLUTION

Keeping a team focused and motivated is a full-time job in itself, but conflict within the team can make the job impossible. During this session participants will explore how to reach resolutions that are agreeable to all parties involved and get the team focused on moving forward. They will learn conflict management strategies that will boost performance and increase collaboration amongst their team



COURSE TITLE - EFFECTIVE COMMUNICATION IN LEADERSHIP

Managers who hone their verbal and written communication skills see the results in the effectiveness of their teams. They are more successful in communicating change, delivering feedback, building collaboration, and getting results. This session will identify essential steps for optimal individual and team communication.





A FOUR-PHASE LEADERSHIP PROGRAMME

In this high pressured and challenging world, it can be difficult for managers and leaders to know how best to support their people and be a resilient role model in the face of the coronacoaster. This virtual training is designed to give your leaders the tools to navigate through these stormy waters to calmer tides.

LEADING IN AN UNCERTAIN WORLD

CHOOSE ONE OR MORE 2HR SEMINARS OR DELIVER THE COMPLETE PROGRAMME OVER A TOTAL OF 8HRS

OPEN MIND - 2HR VIRTUAL SEMINAR

REPROGRAMMING THE SUBCONSCIOUS MIND TO DISPEL BIAS AND JUDGEMENT AND LEAD WITH HUMILITY AND AUTHENTICITY, HELPING TO NORMALISE THE IMPACT OF THE CRISIS



OPEN EYES- 2HR VIRTUAL SEMINAR

ACTIVELY RECOGNISING SIGNS OF MENTAL HEALTH DECLINE AND BECOMING MORE FLUENT IN IDENTIFYING ISSUES IN A VIRTUAL TEAM THROUGH INTENTIONAL COMMUNICATION



OPEN HEART- 2HR VIRTUAL SEMINAR

UNLOCKING THE POWER OF HEART FELT LEADERSHIP, DISPLAYING COMPASSION AND CONNECTION TO LEAD WITH EMOTIONAL INTELLIGENCE AND VULNERABILITY



OPEN ARMS- 2HR VIRTUAL SEMINAR

ACCEPTING CHALLENGE, CHANGE AND ADVERSITY WITH OPEN ARMS AND LEARNING HOW TO DEMONSTRATE RESILIENCE AND PROMOTE POST-TRAUMATIC GROWTH

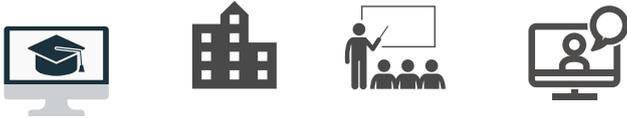




EMPLOYEE TRAINING

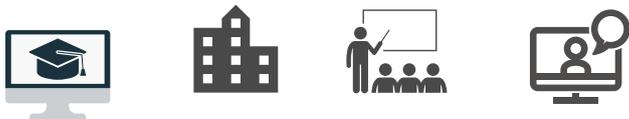
COURSE TITLE - MENTAL HEALTH FIRST AID (MHFA)

Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening. You'll learn to recognise warning signs of mental ill health, and develop the skills and confidence to approach and support someone while keeping yourself safe.



COURSE TITLE - SUICIDE FIRST AID (SFA)

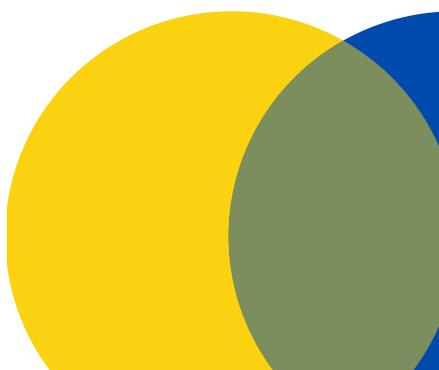
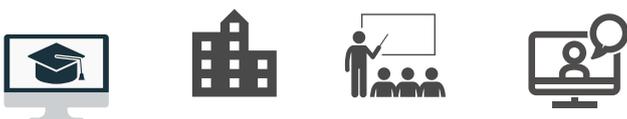
1-day training solution teaching suicide intervention skills. The course has been accredited by City & Guilds of London. Upon satisfactory completion participants attain 6 credits at level 4. This teaches the theory and practice of suicide intervention skills that can be applied in any professional or personal setting, captured in a one-day event accredited by City and Guilds of London. We use only the most experienced suicide prevention trainers to deliver this unique learning experience: for anyone who seeks greater understanding and confidence to intervene with people at risk of suicide.



COURSE TITLE - FUELLING YOUR BODY - EATING FOR ENERGY



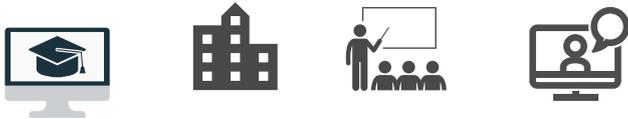
Food powers your life. It fuels all bodily processes that enable you to move, think and breathe. There is no aspect of your life that is not influenced by what you eat. Food is that powerful that you can either use it to your advantage or your detriment. This course will help you discover how to fuel your body for energy and sustainable performance. It will explore practical tips for eating in a healthy way, particularly for those with busy lives who sometimes find it challenging to prioritise their nutritional intake.





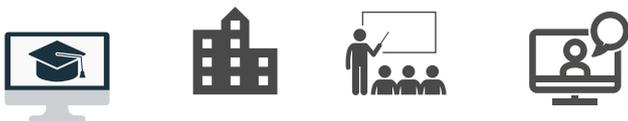
COURSE TITLE - MOVING MORE: STAYING ACTIVE IN A LOCKDOWN

The restrictions associated with the lockdown has left many people spending prolonged periods of sedentary time indoors. This extended physical inactivity directly correlates with diminished levels of mental and physical health and it can be difficult to be motivated to move more. This training will help explore practical ways to become more mobile and active in way that is realistic and achievable, developing an understanding of the importance of movement for all aspects of our wellbeing.



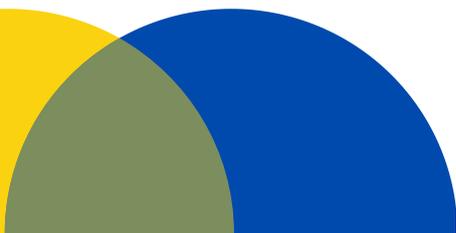
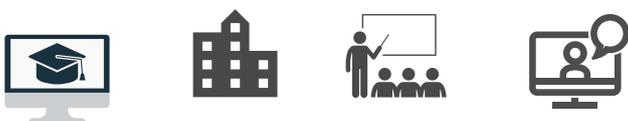
COURSE TITLE - PERSONAL RESILIENCE - THE POWER OF GRIT

Resiliency is about flexibility and adaptability - it is about hope and feeling confident and positive in our ability to influence our destiny. Every single person can develop their resilience skills - we all have the capacity to develop ourselves - it just requires knowledge and an understanding of ourselves and our emotional and behavioural reactions to stress and life events. This course will explore the power of grit, determination, and growth in the face of adversity, equipping attendees with the tools to cope in the face of stress.



COURSE TITLE - SWITCHING OFF - HARNESS WORK LIFE BALANCE

The modern working world has been driven by a rapid advancement in technological growth. Over the years the way we communicate in this digital world has transformed working behaviours, compelling workers to be plugged in 24/7 and having a direct correlation with stress, anxiety, and burnout. In addition, the events of 2020 have led us to be online even more, having far less human interaction and down time. This course will help attendees to get their sense of work life balance back, redefining their priorities and exploring ways to mentally and digitally switch off.





COURSE TITLE - WORKING IN A REMOTE WORLD

Research shows that it can take a minimum of 6 months to adapt to remote working. This course will explore the impact of spending prolonged periods of time alone and how to increase levels of connection and community. It will explore the practicalities of home working and attendees will understand the importance of social connection and how to combat feelings of isolation and loneliness, creating a support network based on varied and diverse needs. It will provide practical tips for juggling home demands whilst working and how to set up for success.



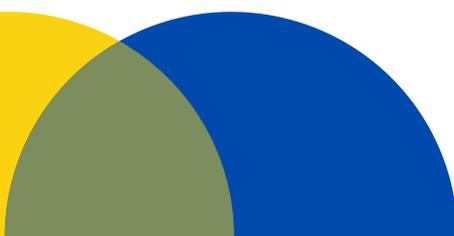
COURSE TITLE - CREATING A PERSONAL ENERGY MANAGEMENT PLAN

Managing our mental health and wellbeing relies on our ability to manage our energy levels in an active and intentional way. When our energy levels start to diminish and we encounter stress and difficulty, it makes it much more difficult to cope in a healthy way and we are at a much higher risk of mental ill-health, fatigue, and burnout. This highly practical session will explore our different sources of energy and the critical importance of balancing our energy gains and our energy drains. Attendees will be empowered with a structured plan to prioritise their own energy and focus on their own needs as well as the needs of others.



COURSE TITLE - UNCONSCIOUS BIAS

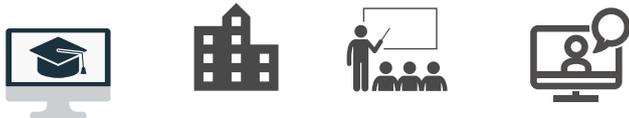
Unconscious bias refers to a bias that we are unaware of and which happens outside of our control. It is a bias that happens automatically and is triggered by our brain making quick decisions. As human beings, we are all subject to unconscious bias (also known as implicit bias) in one way or another, but the more we are aware of this, the more we can mitigate it. This training course is designed to help attendees understand their own personal unconscious bias and the impact this can have on those around them. It will help to develop practical and immediate techniques for challenging personal bias and ways to contribute to a positive and inclusive work culture.





COURSE TITLE - **SLEEPING SOUNDLY**

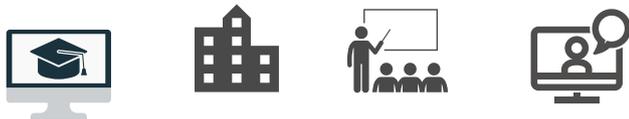
Sleep is very important for everyone, regardless of age. Yet, the number of people experiencing sleep-associated problems is on the rise and this has a huge impact on our wellbeing and performance. Whilst some people can get by on less sleep than others, that does not mean sleep is any less important for them. This session will explore sleep hygiene, chronotypes and simple but effective ways to get a restful and quality nights sleep.



COURSE TITLE - **MINDFULNESS: DISCOVER PEACE OF MIND**

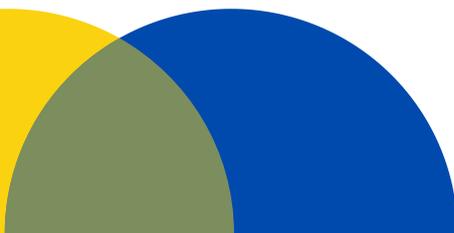
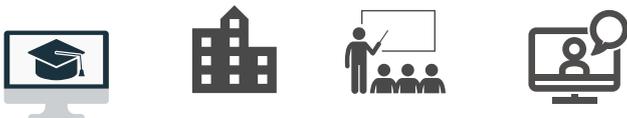
When we are mindful, we carefully observe our thoughts and feelings without judging them as good or bad. Mindfulness can also be a healthy way to identify and manage hidden emotions that may be causing problems in our personal and professional relationships. It means living in the moment and awakening to our current experience, rather than dwelling on the past or anticipating the future. This powerful training will help attendees to discover the power of their own mind and how to integrate the practice of mindfulness and the state of being present into their every day lives.

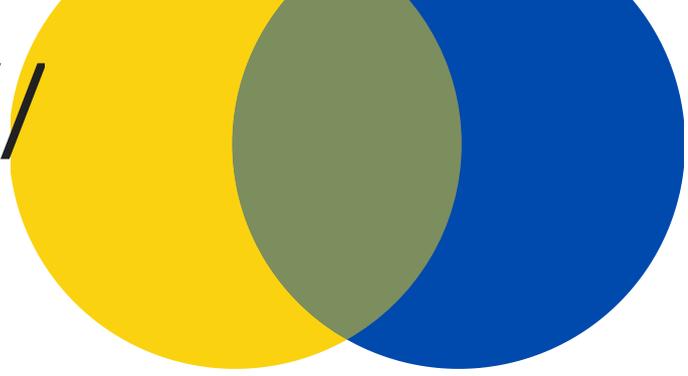
Recommended as a six week programme



COURSE TITLE - **BUILDING POSITIVE WORKING RELATIONSHIPS**

Work-related relationships are considerably more challenging than many people realise and it is common to underestimate the underlying difficulties in maintaining positive working relationships. This training will help attendees to explore the knowledge and skills needed to build positive working relationships. It will include working with different personality types, dealing with conflict and effective communication to equip staff with the insight to build respectful and collaborative team environments.



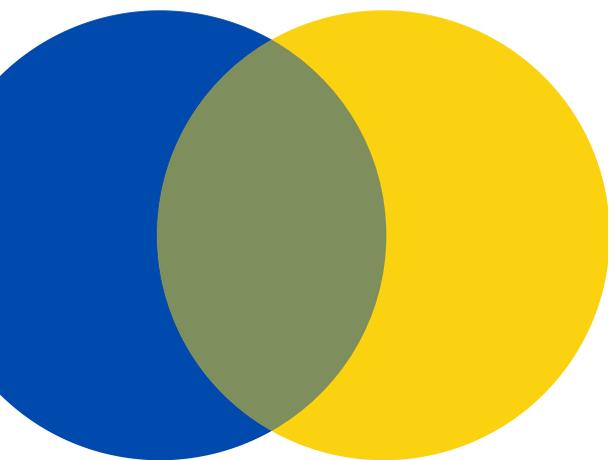


COURSE TITLE - THRIVE

We understand that it can be difficult to know how best to support staff during these troubling and traumatic times. Research shows that mental health issues are on the rise as a result of the pandemic and associated societal stress levels and employees are looking to their company to help them to navigate through these difficult waters.

This exclusive training session has been designed for the challenges of the present day. It will equip your people with the insight and practical skills to thrive in the face of these troubled times, equipping them with the knowledge and tools to manage their response in a positive and proactive way. The course includes a series of interactive elements and will help participants produce a personal action plan for positive change.

- Discovering the power of mental strength and purpose and the determination to find a way through difficult times
- Learning the importance of joy and gratitude and how to optimise levels of positivity
- Identifying ways to enhance levels of resilience
- Harnessing the power of mindfulness, learning and curiosity
- Exploring how to manage energy for sustainable performance
- Establishing a way to feel empowered and in control in difficult and changing times





WANT TO KNOW MORE?

CONTACT US
TODAY

T. 020 3815 6588

E. INFO@WELLITY.CO.UK

2021

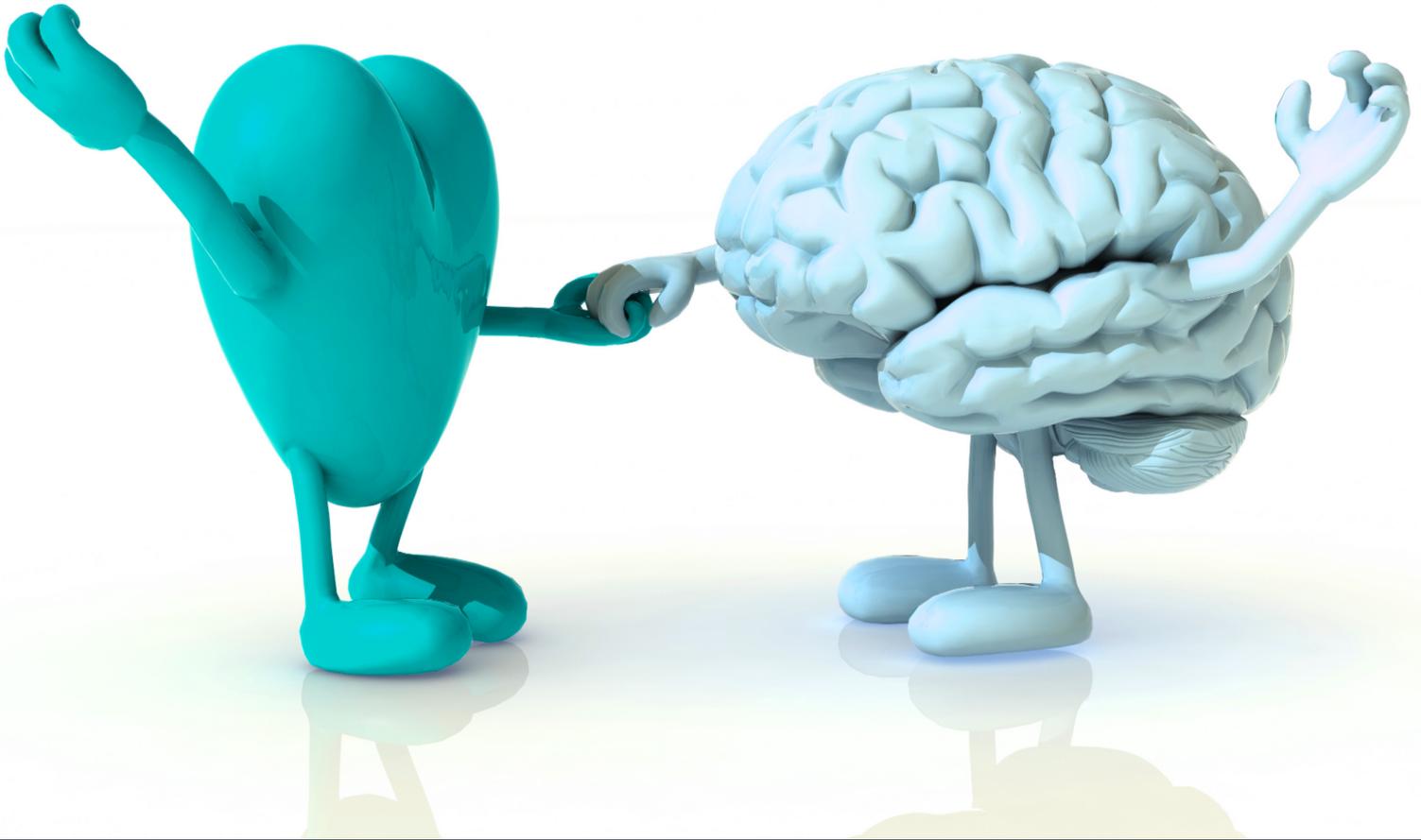
 WELLITY

KICKSTART

**A 12 WEEK
PROGRAMME TO
TRANSFORM
HABITS,
MINDSET AND
WELLBEING**



**AVAILABLE FOR
2021 BOOKINGS**



What is KICKSTART?

THE 12 WEEK PROGRAMME INCLUDES:

4 X WELLBEING DIAGNOSTIC ASSESSMENTS

4 X OPEN FORUM STAFF DISCUSSION

9 X SPECIALIST VIRTUAL TRAININGS COVERING



Resilience in the face of adversity and change



Boosting your mental health



Getting a quality nights sleep and waking feeling refreshed



Managing financial wellbeing and dealing with financial stress



Promoting optimism, hope and positivity



Lifestyle habits and change



Promoting optimism, hope and positivity



Fitness and exercise



Eating for a energy and fuelling the body

The Programme

The 12 week programme schedule

Week 1: Diagnostic assessment 1

Week 2: Virtual training 1 and 1st peer-peer group

Week 3: Virtual training 2

Week 4: Virtual training 3

Week 5: Diagnostic assessment 2 and 2nd peer-peer group

Week 6: Virtual training 4

Week 7: Virtual training 5

Week 8: Virtual training 6 and diagnostic assessment 3

Week 9: Virtual training 7 and 3rd peer-peer group

Week 10: Virtual training 8

Week 11: Virtual training 9

Week 12: Diagnostic assessment 4 and 4th peer-peer group

The diagnostic assessment is a short pulse survey with full reporting. Reports are also provided for each peer to peer group, providing both quantitative and qualitative data as outcome measures. This will be used to gain insight into existing risk and protective factors and build an evidence-based approach to optimising staff wellbeing.

Recommendations will be made for action after the programme to continue to build on the improvements made.

**PRICING STARTS AT £1 PER EMPLOYEE.
CONTACT US FOR MORE INFORMATION.
CONTACT US AT [INFO@WELLITY.CO.UK](mailto:info@wellity.co.uk) TO
FIND OUT MORE**