



## NEW! FACILITATOR LED ONLINE TRAINING FOR HEALTHY HOME WORKING

Our full suite of interactive online training sessions are designed to run with GoTo Meeting Training or Zoom. They use polls, chat, hands-up and are speedy and focused and led by specialist facilitators.

Whilst they are shorter than a face to face course the learning outcomes are the same - but intense!

We work in partnership with The Healthy Work Company and Bullyology to deliver a range of workshops ranging from 40 minutes to 90 minutes.

In these unprecedented times, a lot of people are going to be thrust into working from home who perhaps have only done so on occasion before.

These online sessions are designed to make the transition as smooth as possible for your teams - ensuring they are as productive as possible, whilst safeguarding their mental and physical health.

### HEALTHY WORKING FROM HOME - 40 MINUTES

This workshop is designed to look at the basics of how to look after yourself from home more effectively. As well as calling on research from Nuffield Health, Public Health England and Positive Psychology, it also uses real life examples from seasoned full-time home workers. It looks at ensuring people have the right knowledge to take responsibility for:

#### **Environment**

- Making it as healthy and safe as possible
- Physical comfort and conducive to work

#### **Routine**

- Starting up and closing down the day
- Optimum breaks and how to make those easier to take

#### **Looking after your physical & mental health**

- Nutrition and water
- Exercise and fresh air
- Manufacturing social connections

## HEALTHY WORKING FROM HOME FOR MANAGERS - 60 MINUTES

This webinar is an hour long and contains everything from the Healthy Working from Home session (managers are human beings too!) and also how to manage people remotely. It provides knowledge of:

### **What good communication looks like when dealing with homeworkers**

- Regularity, method and tone
- Picking up that someone is struggling

### **How to Measure and monitor**

- Your culture, the role and options
- Creating boundaries

## MENTAL HEALTH CONVERSATIONS FOR REMOTE WORKERS - 30 MINUTES

Designed as an upskill for existing Mental Health First Aiders and Wellbeing Champions, this looks at:

- The impact of Covid-19 on team's health
- Spotting the signs of people struggling over screen or phone
- Supporting people remotely
- How points of next support are impacted

## MANAGER CONVERSATIONS ABOUT WELLBEING - 90 MINUTES

Even the most empathetic manager can struggle having a conversation with someone struggling with their mental health (or indeed a physical issue). They worry about straying into personal territory/being intrusive, they think they need to have lots of answers for the person and they worry about falling over the law and ending up in a tribunal. This 90-minute webinar helps provide confidence in this area including some practice with what they would say using case studies. It covers knowledge of:

### **What is mental health and what is wellbeing**

- The impact of mental and physical health on each other
- The mental health continuum
- The impact of stress

### **How to have a conversation with someone struggling with their mental health using**

- A - Awareness that someone is struggling
- B - Be present: non-judgemental listening
- C - Co-create a plan: coaching them to find next steps
- D - Duties: your duties as a manager under HR and Health and Safety Law

## **MENTAL HEALTH AWARENESS - 40 MINUTES**

Anyone can struggle with their mental health and in today's world it is even more critical to take responsibility for managing our own. This session provides knowledge of:

- What is mental health and what is wellbeing
- The mental and physical health connection
- The mental health continuum
- The part stress plays in our mental health
- Managing our own wellbeing

## **WORKPLACE MINDFULNESS TASTER – 60 MINUTES**

Specialist workplace mindfulness training gives individuals the ability to notice what is happening in the moment without getting swept up by difficult thoughts, emotions or feelings. It gives the ability to respond wisely to stress, reducing unpleasant symptoms. This experiential session covers the basics of workplace mindfulness practice to better cope with stress and enhance wellbeing. It can act as an introduction to the six week course or as a standalone providing knowledge of:

- What is stress?
- Understanding anxiety and distress
- What is mindfulness?
- How mindfulness works - the mindful muscle
- Mindfulness of breath
- Mindful moments

## **SLEEP - 60 MINUTES**

Did you know that our workforces are now consuming more information over more hours on less sleep than ever before? Sleep is the key to our wellbeing, it's our daily MOT - helping us to be productive, engaged, innovative, safe, creative and empathetic at work. This webinar provides knowledge of:

- How sleep, energy and fatigue impact us
- What we can do to get a better quality and quantity of sleep
- How our mental wellbeing and work/life balance play a part in fatigue and the dangers of this in the workplace
- How we can use our body's natural 24 hour clock to better plan the working day
- Top sleep hacks to help us get to sleep - and stay asleep