



MENTAL HEALTH & WELLBEING WORKSHOPS & WEBINARS

SESSION OVERVIEWS

FEBRUARY 2026



**MENTAL HEALTH
IN BUSINESS**

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WORKSHOPS & WEBINARS

In today's rapidly changing business environment, organisations are navigating unprecedented challenges alongside exciting opportunities. Supporting and empowering people has never been more critical to sustaining wellbeing, collaboration, and long-term success.

Our webinars and workshops are designed to meet this need. Evidence-based and highly practical, they equip individuals and teams with the understanding, tools, and strategies to strengthen mental health, build resilience, and take meaningful action in the workplace.

These sessions aren't only for those currently experiencing challenges with mental health; they offer value to everyone. By investing proactively in wellbeing, organisations can foster resilience, reduce risks, and create cultures where people feel supported, empowered, and able to thrive.

On the following pages, you'll find our current suite of webinars and workshops, which cover a wide range of timely and relevant topics.

Webinars run for one hour, can accommodate up to 500–1000 delegates (depending on platform), and are a flexible way to raise awareness and share practical strategies at scale.

Workshops usually run for two hours, for up to 24 delegates, and include interactive discussions and group exercises for deeper exploration and skills development. Sessions can be delivered virtually or in person.



BE THE CHANGE: SMALL ACTIONS TO REDUCE STRESS AND BUILD EVERYDAY RESILIENCE

Session Outline:

This uplifting, accessible webinar is designed for everyone in your organisation who is feeling the impact of ongoing change, uncertainty and rising pressures. Anchored in Stress Awareness Month 2026's #BeTheChange theme, it focuses on the power of small, consistent actions to reduce stress and build resilience – at an individual, team and organisational level.

We begin by demystifying stress: what it is, how it shows up in our minds, bodies and behaviours, and how it differs from everyday pressure. We draw on current UK insights to show that stress is common but not inevitable, and emphasise that even when we cannot control the global or organisational picture, we can still choose small steps that make a real difference to our wellbeing.

The webinar then explores “be the change” in practice: simple daily habits, micro-boundaries, realistic self-care and supportive conversations that anyone can use to move from feeling overwhelmed to feeling more in control. We lightly introduce what UK employers are expected to do under HSE guidance on work-related stress, so participants understand that stress at work is a recognised health and safety issue – and that their voices, feedback and actions help create safer, healthier workplaces.

Throughout, we highlight how small actions – such as checking in with a colleague, challenging unhelpful myths about stress, taking short breaks, or asking for clarity – can ripple out to influence team culture and organisational change. Participants leave feeling empowered, not blamed: clear on what they can do today, this week and this month to “be the change” for themselves and others.

Session Objectives:

By the end of this webinar, participants should be able to:

- Describe what stress is, how it differs from normal pressure, recognise common signs of stress in themselves or colleagues and understand how change or uncertainty contribute to stress
- Explain how small, everyday actions – such as taking short recovery breaks, setting simple boundaries, moving their body or connecting with others – can reduce stress and build resilience over time.
- Identify at least three personal “be the change” actions they can start this week to support their own wellbeing during times of uncertainty.
- Outline at least two ways they can contribute to a kinder, lower-stress workplace culture by using their influence.



FROM AWARENESS TO ACTION: MICRO-HABITS THAT PROTECT MENTAL HEALTH AT WORK (FOR YOU, FOR OTHERS, FOR ALL OF US)

Session Outline:

Mental Health Awareness Week 2026 (11-17 May) focuses on action - because while awareness matters, real change happens when we translate it into practical steps.

This brand-new, evidence-led session is designed to help people move from “knowing” to “doing” by building a small set of repeatable, workplace-friendly micro-actions that support mental health for yourself, for colleagues, and at a wider organisational level.

The session introduces a simple “Action Mapping” approach: participants identify one pressure point in their working day (e.g., relentless meetings, constant interruptions, blurred boundaries, isolation) and then select tiny, realistic actions that reduce risk and build protection and resilience over time. We’ll explore why small actions work (especially under stress and cognitive load), how to choose actions you’ll actually repeat, and how to create the conditions for action as a team - so wellbeing doesn’t rely solely on individual willpower.

The webinar is interactive throughout, and participants leave with a personal 7-day action plan plus a “team actions menu” they can use immediately in team meetings or 1:1s.

Session Objectives:

By the end of this webinar, participants should be able to:

- Understand why “small actions” can meaningfully improve hope, agency, mental wellbeing and resilience - and why awareness alone often isn’t enough.
- Learn a practical Action Mapping method to convert common workplace stressors into simple, repeatable micro-habits for better mental health, wellness & resilience (for yourself and day-to-day work).
- Gain tools to support someone else through action (not fixing): how to notice, check-in, and agree supportive next steps that are meaningful, appropriate and sustainable.
- Identify “for all of us” actions teams and leaders can take to reduce preventable harm and create a culture where good mental health is easier to maintain.

SUPPORTING NEURODIVERGENT CHILDREN – AND LOOKING AFTER YOURSELF AS A PARENT/CARER

Session Outline:

Parenting or caring for a neurodivergent child can be deeply rewarding, but it can also bring unique pressures, questions and emotional strain.

This compassionate, practical session is designed for parents and carers of neurodivergent children and young people, or those who are exploring whether their child may be neurodivergent. It will introduce key concepts around neurodiversity in an accessible way, explore common signs and experiences that may indicate a child needs additional support, and offer day-to-day strategies for communication, regulation and advocacy at home and in education or health settings.

Importantly, the webinar will also focus on the wellbeing of parents and carers themselves. Participants will look at the emotional impact of caring in a system that can be complex to navigate, why parents and carers of neurodivergent children are at higher risk of stress and burnout, and how to build sustainable support for their own mental health.

The tone is non-judgemental, validating and strengths-based, recognising both the challenges and the many strengths and insights that neurodivergent children and their families bring.

Session Objectives:

By the end of this webinar, participants should be able to:

- **Recognise key signs and needs:** Describe what is meant by neurodiversity and neurodivergence, and recognise some of the common signs and experiences that may indicate a child is neurodivergent or needs additional support, without relying solely on formal diagnosis.
- **Support their child in everyday life:** Identify practical strategies to support their child's emotional regulation, communication and day-to-day functioning at home and in education, including simple adjustments to routines, environments and expectations.
- **Navigate systems and advocate with confidence:** Outline useful steps for working with schools, health services and other professionals, and feel more confident in advocating for reasonable adjustments and appropriate support for their child.
- **Protect their own wellbeing as a parent/carer:** Explain why parents and carers of neurodivergent children are at increased risk of stress and burnout, and identify realistic ways to look after their own mental health, set boundaries, and build supportive networks around themselves and their family.



BECOMING YOUR OWN ALLY: DEVELOPING A HEALTHIER RELATIONSHIP WITH YOURSELF

Session Outline:

This session explores how our internal dialogue shapes wellbeing, confidence, and performance, particularly under pressure. We will look at why we are often hard on ourselves, where self-criticism comes from, and how it originally evolved to keep us safe and motivated. Participants will explore the difference between constructive self-criticism that supports learning and growth, and unhelpful self-attack that undermines self-esteem, resilience, and mental health.

Rather than trying to silence or 'get rid of' the inner critic, this session focuses on developing a more skilful and compassionate relationship with ourselves. Drawing on evidence-based psychology and practical self-esteem frameworks, participants will learn how to recognise unhelpful patterns, respond more effectively to self-doubt, and build a steadier sense of self-trust.

The session is practical, reflective, and grounded, offering realistic strategies that can be applied immediately at work and in everyday life.

Session Objectives:

By the end of this webinar, participants should be able to:

- Explain why self-criticism exists and how it developed as a protective response to threat, performance demands, and social belonging.
- Distinguish between constructive self-criticism that supports growth and unhelpful self-attack that damages wellbeing and self-esteem.
- Understand self-esteem as a set of everyday practices that shape how we relate to ourselves, rather than a fixed trait or confidence level.
- Apply simple, practical strategies to respond more skillfully to self-doubt, setbacks, and internal pressure.
- Identify one or two realistic actions to begin developing a healthier, more supportive relationship with themselves.



PURPOSE AND VALUES:

ANCHORING WELLBEING INTO ORGANISATIONAL CULTURE

Session Outline:

Delve into the connection between shared purpose, organisational values, and psychological health.

This session offers hands-on techniques for embedding values into daily practices, enhancing motivation, belonging and engagement in line with recommended psychosocial risk management practices.

Session Objectives:

Having attended this session, participants will be able to:

- Describe the link between organisational values, purpose, and employee wellbeing.
- Demonstrate approaches to align day-to-day work and team development with shared values.
- Outline how purpose-driven culture and leadership support mental wellbeing.
- Identify ways to sustain purpose and values through challenging times or organisational change.

NAVIGATING CHANGE AND UNCERTAINTY WITH CONFIDENCE

Session Outline:

Equip yourself with tools for responding positively to uncertainty and organisational change.

Learn to identify common psychosocial risks during transitions and implement strategies to support staff and drive engagement through change.

Session Objectives:

By the end of this webinar participants should be able to:

- Recognise common psychosocial hazards associated with change and uncertainty.
- Develop practical approaches for maintaining wellbeing and performance during organisational transitions.
- Apply recommended strategies to support teams before, during and after change.
- Build resilience strategies to help yourself and colleagues manage periods of uncertainty.



PSYCHOLOGICAL SAFETY: CREATING SPACES FOR TRUST AND INNOVATION

Session Outline:

This session demystifies psychological safety and its impact on team performance, innovation, and wellbeing.

Discover how to foster an atmosphere where everyone can speak up, challenge norms and learn from mistakes without fear.

Explore simple, practical ways to assess and build psychological safety in line with latest guidance and research including ISO 45003's core principles.

Session Objectives:

By the end of this webinar participants should be able to:

- Understand the meaning and benefits of psychological safety at work.
- Learn how to recognise and address barriers to psychological safety within teams.
- Apply practical strategies and guidance to nurture trust-based communication and responses to error.
- Develop confidence to facilitate open discussions and raise concerns without stigma.

BUILDING COMMUNITY: ENHANCING SOCIAL SUPPORT FOR MENTAL HEALTH

Session Outline:

Explore the vital influence of workplace community and social support networks on mental health.

Uncover inclusive practices to enhance team cohesion, reduce isolation, and build supportive environments at work.

Session Objectives:

By the end of this webinar participants should be able to:

- Explain how connected workplace communities promote psychological health and reduce risk.
- Share strategies for creating inclusive, supportive social interactions at work.
- Identify key recommendations for improving workplace social wellbeing.
- Assess your own team's sense of community and implement practical improvements.



BUILDING ORGANISATIONAL RESILIENCE: BEYOND INDIVIDUAL STRENGTHS

Session Outline:

Examine how resilience moves beyond individual traits to become an organisational asset.

Learn how robust culture, leadership and processes underpin resilience across all levels, and gain insights into practical, systemic approaches key to thriving amid change and adversity.

The session will highlight how effective psychosocial risk management supports collective wellbeing and performance.

Session Objectives:

Having attended this session, participants will be able to:

- Define organisational resilience and its crucial role in workplace mental health and wellbeing
- Identify organisational factors and psychosocial risks that shape resilience
- Explore effective leadership and system-level interventions to embed resilience in day-to-day operations
- Recognise practical ways to measure and strengthen resilience across teams and departments

EFFECTIVE COMMUNICATION FOR MENTAL WELLBEING

Session Outline:

Unpack how everyday communication shapes wellbeing and psychological safety.

Review clear, empathetic, and supportive communication skills - including listening and feedback - which help to minimise psychosocial risks and keep staff engaged.

Session Objectives:

Having attended this session, participants will be able to:

- Illustrate the role of communication in shaping psychological risk and wellbeing.
- Practise techniques for empathetic, transparent communication in challenging situations.
- Analyse how consultation can be applied to workplace conversations.
- Develop personal action plans for improving communication skills within your role.



SLEEP WELL, WORK WELL: THE ROLE OF REST IN MENTAL HEALTH

Session Outline:

This session explores why sleep is a core foundation of mental health, performance and safety at work.

Participants will learn about the science of sleep, including circadian rhythms and the impact of sleep debt on mood, cognition, emotional regulation and physical health.

The webinar will highlight evidence linking poor sleep with stress, anxiety, burnout and productivity loss, and offer practical, realistic strategies for improving sleep hygiene in the context of busy, modern working lives.

The session will also touch on how organisations can support healthy sleep through working patterns, workload design and culture, aligning with latest guidance on managing fatigue and work-related psychosocial risks.

Session Objectives:

By the end of this webinar, participants should be able to:

- Explain the relationship between sleep, mental health, cognitive performance and safety at work
- Recognise common work-related factors that disrupt healthy sleep patterns, including workload, shift patterns and the “always on” culture
- Practise simple, evidence-based sleep routines and habits that can be tailored to individual lifestyles
- Identify organisational and team-level actions that support healthier sleep



FROM STRESS TO SUSTAINABLE PERFORMANCE: PRACTICAL TOOLS FOR ANXIETY, STRESS AND BURNOUT

Session Outline:

This highly solutions-focussed session helps participants understand the continuum from everyday stress through to anxiety and burnout, and what that can look like in real working lives.

The webinar combines psychoeducation with practical tools, focusing on what individuals, managers and organisations can do to reduce psychosocial risks and build sustainable performance, rather than “coping through” exhaustion.

Participants will explore evidence-based strategies such as workload and boundary management, micro-breaks, cognitive and behavioural techniques, and supportive conversations that can be implemented immediately.

The session will highlight key psychosocial hazards (such as excessive workload, conflicting demands and lack of control) and showcasing realistic steps to address them through culture, leadership and job design.

Session Objectives:

By the end of this webinar, participants should be able to:

- Distinguish between normal stress, problematic anxiety and burnout, and recognise early warning signs in oneself and others
- Apply practical, evidence-based tools to manage anxiety and stress day to day
- Explore realistic conversations and adjustments that managers and colleagues can use to reduce burnout risk and support sustainable performance
- Identify key psychosocial hazards and co-creating actions to address workload, control, support and culture in participants' own workplaces

EMBRACING NEURODIVERSITY: UNLOCKING STRENGTHS IN THE WORKPLACE

Session Outline:

An introduction to neurodiversity, this webinar highlights the unique strengths neurodivergent individuals bring to teams. Participants will gain insight into inclusive practices, how to support colleagues, and ways to create a culture where all minds thrive.

Session Objectives:

Having attended this session, participants will be able to:

- Define "neurodiversity" and identify at least two neurodivergent strengths that can enhance team performance.
- Implement one actionable adjustment or inclusive practice for their workplace.
- Describe three ways their team can better support neurodivergent colleagues.
- Demonstrate understanding of the legal and ethical considerations involved in fostering neuro-inclusive workplaces.

COLLABORATE FOR GROWTH: BUILDING A POSITIVE MINDSET

Session Outline:

This forward-looking session empowers teams and leaders to transition from navigating change to thriving through collaboration.

Participants will explore how intentional teamwork, open communication, and a positive mindset can help harness the opportunities that change presents, drive engagement, and foster a culture of accountability and innovation. Strategies and tools will be shared for overcoming resistance, nurturing psychological safety, and building resilient, productive relationships for lasting organisational wellbeing and success.

Session Objectives:

By the end of this webinar participants should be able to:

- Recognise the value of collaboration for successful integration of change and long-term organisational wellbeing.
- Develop skills to foster a positive, future-focused mindset both individually and collectively in your team.
- Identify and implement best practices for open communication, psychological safety, and shared ownership in the workplace.
- Create actionable plans for engaging teams, building accountability, and sustaining improvements after organisational change.

MINDFUL LEADERSHIP: LEADING WITH EMPATHY AND EMOTIONAL INTELLIGENCE

Session Outline:

Designed for managers and aspiring leaders, this webinar explores the role of empathy and emotional intelligence in leadership.

Participants will practise techniques for mindful communication, supporting team wellbeing, and fostering a psychologically safe workplace.

Session Objectives:

Having attended this session, participants will be able to:

- Describe four practical steps to foster psychological safety in their teams.
- Implement at least one mindful communication technique with their team.
- Initiate empathy-focused check-ins with colleagues.
- Identify and describe the impact of emotional intelligence on team wellbeing.

FROM SURVIVING TO THRIVING: POST-BURNOUT RECOVERY AND PREVENTION

Session Outline:

This session addresses the realities of burnout and offers a roadmap for recovery and prevention.

Attendees will learn to identify early warning signs, implement restorative habits, and build lasting resilience for themselves and their teams.

Session Objectives:

Having attended this session, participants will be able to:

- Recognise and describe at least three early warning signs of burnout.
- Develop a personalised recovery plan that includes at least two restorative habits.
- Share one learned burnout prevention strategy with a colleague or team.
- Set a measurable goal to reduce burnout risk factors in their daily routines.

THE SCIENCE OF MICROBREAKS

Session Outline:

Discover the power of microbreaks - short, intentional pauses during the workday - to reduce stress, sharpen focus, and prevent burnout.

This interactive session introduces practical microbreak techniques and explores the neuroscience behind their effectiveness, helping teams embed sustainable habits for everyday resilience.

Session Objectives:

Having attended this session, participants will be able to:

- Define what a microbreak is and list at least three neuroscience-backed benefits of microbreaks in the workplace.
- Demonstrate at least three practical microbreak techniques that can be implemented during the workday.
- Track and record their use of microbreaks at least twice per workday using a provided habit tracker.
- Evaluate their own work routines and identify two opportunities per day to incorporate microbreaks for improved focus and wellbeing.

DIGITAL BOUNDARIES: THRIVING IN A HYPERCONNECTED WORLD

Session Outline:

This webinar explores the impact of constant digital connectivity on mental health and provides strategies for creating a healthier relationship with technology in both personal and professional life.

Session Objectives:

Having attended this session, participants will be able to:

- Understand the effects of digital overload on mental wellbeing.
- Use practical techniques for setting digital boundaries.
- Choose tools and apps that support digital wellbeing.
- Develop a personalised digital detox plan.

BREATHWORK FOR WELLBEING: PRACTICAL TOOLS TO CALM, ENERGISE, AND THRIVE

Session Outline:

This engaging webinar introduces the foundations of breathwork - explaining what it is, why it matters, and how it can transform mental health in everyday life.

Participants will learn the science behind mindful breathing, see how breathwork influences the nervous system and emotional regulation, and practise simple techniques they can use during busy workdays and stressful situations.

The session will highlight evidence-based breathwork techniques for anxiety and stress reduction, improved mood, and building resilience to life's challenges.

The practical focus ensures everyone leaves with actionable strategies to incorporate into their wellbeing routines immediately, strengthening their ability to navigate workplace and personal stressors, and life's challenges.

Session Objectives:

By the end of this webinar, participants should be able to:

- Describe at least three ways breathwork influences the body's stress response and promotes emotional regulation.
- Demonstrate two core breathwork techniques designed to reduce anxiety and increase a sense of calm.
- Integrate a breathwork exercise into their daily routine for managing workplace stress and improving mood.
- Develop a regular breathwork practice, to build resilience and maintain emotional wellbeing.

COMPASSIONATE CONNECTIONS: SUPPORTING OTHERS THROUGH MENTAL HEALTH CHALLENGES

Session Outline:

This one-hour webinar designed to equip participants with the knowledge and skills needed to support individuals facing mental health challenges. This session emphasises the importance of empathy, active listening, and self-care in the process of helping others.

Throughout the webinar, attendees will learn practical strategies for providing emotional support, recognising signs of distress, and guiding others towards professional help when necessary. The session will also address the potential impact of supporting others on one's own mental wellbeing, highlighting the importance of maintaining personal boundaries and practicing self-care.

Session Objectives:

By the end of this webinar participants should be able to:

- Identify and list at least three common signs of mental health distress in others.
- Demonstrate two active listening techniques.
- Maintain their own mental wellbeing while supporting others.
- Describe three local mental health resources or professional services available for referral/signposting.

THE POWER OF PEER SUPPORT: BUILDING A CULTURE OF EVERYDAY CHAMPIONS

Session Outline:

Learn how peer-to-peer support networks can transform workplace wellbeing.

This session covers practical ways to become a mental health ally, foster trust, and create an environment where everyone feels empowered to help and be helped.

Session Objectives:

Having attended this session, participants will be able to:

- Explain the concept of peer support and its impact on workplace wellbeing.
- Identify and practise two techniques for offering effective peer support to colleagues.
- Initiate at least one peer support conversation using skills learned in the session.
- Commit to one action that fosters trust and psychological safety within their team.

LIVING WITH PURPOSE: ALIGNING VALUES & EMBRACING GROWTH

Session Outline:

Explore the profound connection between purpose, personal values, and a growth mindset
- unlock your potential and drive meaningful personal and professional growth.

By aligning individual values with daily actions and embracing a growth mindset, attendees will discover how purpose fuels resilience, adaptability, and fulfilment. Through thought-provoking insights and practical strategies, the session will empower participants to cultivate a purpose-driven mindset that enhances their performance and overall wellbeing.

Whether you're seeking clarity in your goals, navigating challenges, or looking to inspire yourself and others, this session provides actionable tools to help you lead with purpose, embrace change, and achieve personal growth.

Session Objectives:

Having attended this session, participants will be able to:

- Define purpose and personal values and understand their impact on decision-making, resilience, and personal growth.
- Identify and align personal values with actionable steps in their daily work and life to create a sense of meaning and fulfilment.
- Understand the principles of a growth mindset, including how it supports purpose and long-term development.
- Apply at least two practical strategies to cultivate a growth mindset and reframe challenges as opportunities for learning and growth.
- Commit to one small, purpose-driven action or mindset shift to implement immediately, fostering personal growth and a values-aligned approach.



NAVIGATING THE WINDS OF CHANGE

Session Outline:

This is a comprehensive mental health webinar designed to equip participants with essential tools and strategies for managing life's transitions and uncertainties. This session will delve into the psychological impacts of change, resilience-building techniques, and practical coping mechanisms to help individuals thrive amidst life's ebbs and flows.

Session Objectives:

Having attended this session, participants will be able to:

- Understand the psychological and physiological effects of change on mental health and wellbeing.
- Learn evidence-based strategies for building resilience and adaptability in the face of life transitions.
- Explore mindfulness techniques and cognitive reframing methods to maintain emotional balance during periods of change.
- Develop a personalised toolkit for effectively managing stress and anxiety associated with uncertainty and transition.

CULTIVATING PSYCHOLOGICAL SAFETY: BUILDING TRUST, CONNECTION AND INNOVATION

Session Outline:

This webinar explores psychological safety and its importance in fostering a positive work culture, encouraging open communication, and driving connection and innovation.

Session Objectives:

Having attended this session, participants will be able to:

- Understand the concept and benefits of psychological safety.
- Identify behaviours that promote or hinder psychological safety.
- Learn techniques for fostering trust, building connection and open dialogue within teams.
- Develop strategies for leaders to create psychologically safe environments.

THE SCIENCE OF HAPPINESS AT WORK: POSITIVE PSYCHOLOGY IN PRACTICE

Session Outline:

This session introduces key concepts from positive psychology and explores practical applications for increasing happiness, engagement, and fulfilment in the workplace.

Session Objectives:

Having attended this session, participants will be able to:

- Understand the core principles of positive psychology.
- Learn evidence-based techniques for boosting workplace happiness.
- Explore the connection between employee happiness and organisational success.
- Develop a personal action plan for cultivating positivity at work.

MINDFULNESS FOR CREATIVITY AND PROBLEM-SOLVING

Session Outline:

This session introduces mindfulness practices specifically tailored to enhance creativity, improve problem-solving skills, and boost overall cognitive performance in the workplace.

Session Objectives:

Having attended this session, participants will be able to:

- Understand the connection between mindfulness and cognitive function.
- Learn mindfulness techniques that stimulate creative thinking.
- Explore problem-solving approaches enhanced by mindfulness.
- Develop a daily mindfulness routine to support cognitive performance.

NAVIGATING THE HYBRID WORK MODEL: BALANCING FLEXIBILITY AND CONNECTION

Session Outline:

This webinar addresses the challenges and opportunities of hybrid work models, focusing on maintaining work-life balance, fostering team cohesion, and optimising productivity across different work environments.

Session Objectives:

Having attended this session, participants will be able to:

- Identify common challenges in hybrid work settings.
- Learn strategies for effective communication and collaboration in hybrid teams.
- Develop skills for managing time and boundaries in flexible work arrangements.
- Explore techniques for maintaining team culture and connection in hybrid models.

EMOTIONAL INTELLIGENCE IN THE AGE OF AI

Session Outline:

This session explores the growing importance of emotional intelligence in a workplace increasingly influenced by AI, focusing on developing uniquely human skills that complement AI capabilities.

Session Objectives:

Having attended this session, participants will be able to:

- Understand the role of emotional intelligence in the AI-driven workplace.
- Identify key components of emotional intelligence.
- Learn techniques for enhancing empathy and social skills.
- Develop strategies for leveraging emotional intelligence in leadership and teamwork.

ECO-ANXIETY AND CLIMATE RESILIENCE: COPING WITH ENVIRONMENTAL CONCERNS

Session Outline:

This webinar addresses the growing issue of eco-anxiety and provides strategies for building personal and professional resilience in the face of environmental challenges.

Session Objectives:

Having attended this session, participants will be able to:

- Understand eco-anxiety and its impact on mental health.
- Learn coping strategies for managing environmental concerns.
- Explore ways to take positive action in personal and professional life.
- Develop a mindset of climate resilience and hope.



WORKPLACE SPECIFIC

SUPPORTING MENTAL HEALTH FIRST AIDERS FOR A THRIVING & HEALTHY WORKPLACE

Session Outline:

Mental Health First Aiders play a crucial role in creating a psychologically safe, supportive and healthy workplace, where every individual is supported to thrive.

This empowering and motivational keynote session is designed especially for Mental Health First Aiders and those considering taking on this important role.

Using real world experience, we will inspire and encourage attendees to make their wellness a top priority so they are able to safely support others and make a valuable contribution to workplace wellbeing.

Session Objectives:

By the end of this webinar participants should be able to:

- Define the key role and responsibilities of a Mental Health First Aider in promoting a healthy workplace culture and supporting colleagues in distress.
- Identify effective strategies for ongoing self-care, support, and resilience to maintain their wellbeing as Mental Health First Aiders.
- Apply appropriate referral pathways and signposting techniques, guiding colleagues to professional and organisational mental health resources.
- Demonstrate skills in compassionate listening and non-judgemental communication to encourage open conversations and reduce stigma around mental health at work.



WORKPLACE SPECIFIC

EMBRACING NEURODIVERSITY: A GUIDE TO CREATING INCLUSIVE WORKPLACES

Session Outline:

This one-hour webinar session is designed to enhance the understanding of neurodiversity in any workplace. The session aims to equip attendees with the knowledge and tools necessary to create a supportive and inclusive environment for neurodiverse employees.

By the end of the session, participants will have a deeper appreciation for the strengths that neurodiversity brings to a team and will be empowered to foster a culture of acceptance and support.

Session Objectives:

By the end of this webinar, participants should be able to:

- Define neurodiversity and identify common neurodevelopmental conditions.
- Describe the impact of neurodiversity on the workplace environment and recognise the value of diversity in problem-solving and innovation.
- Develop strategies to effectively communicate with and support neurodiverse employees, promoting a culture of respect and inclusion.
- Implement inclusive practices within their teams or organisations.



WORKPLACE SPECIFIC

LEADING THE WAY ON ORGANISATIONAL WELLBEING

Session Outline:

This session explores the key principles of organisational wellbeing and what it takes to build a mentally healthy, high-performing workplace in a rapidly changing world. Designed for leaders and wellbeing champions, it provides a clear framework for developing, implementing, and sustaining an effective wellbeing strategy.

Participants will examine the essential components of organisational wellbeing, the role of culture and leadership, and the tangible benefits of investing in mental health across the business.

Session Objectives:

By the end of this webinar participants should be able to:

- Explain how to future-proof mental health and wellbeing across their organisation.
- Identify the key components of an effective organisational wellbeing strategy.
- Describe what creates a psychologically safe and healthy workplace culture.
- Evaluate the potential ROI of wellbeing initiatives to build a stronger business case for investment in mental health.

TECHNIQUES FOR HANDLING DIFFICULT CONVERSATIONS

Session Outline:

As a manager or leader, some of the hardest parts of the job can be difficult conversations with team members. This workshop focuses on empowering you to confidently support your teams' mental health and wellbeing, and initiate and handle challenging conversations.

Through group discussion, activities and exercises, attendees will develop techniques they can use when faced with difficult conversations, to ensure they can manage their teams effectively and contribute to a positive and supportive workplace culture.

Session Objectives:

By the end of this webinar participants should be able to:

- Approach difficult conversations in the workplace more confidently and effectively.
- Explain some of the barriers to open communication.
- Apply at least three strategies to create a positive and supportive workplace culture.

WORKPLACE SPECIFIC

ACTIVE LISTENING: A POWERFUL SKILL IN COMPASSIONATE LEADERSHIP

Session Outline:

Active listening and non-judgemental communication are superpowers for successful leaders. This session is aimed at anyone wishing to elevate their communication skills.

The aim of the session is to help attendees to understand the benefits of active listening and non-judgemental communication, and how they can both be put into practice, to contribute to a psychologically safe and healthy workplace.

Session Objectives:

By the end of this webinar participants should be able to:

- Explain the principles and benefits of active listening and non-judgemental communication.
- Apply at least two active listening techniques to enhance understanding and empathy in conversations.
- Recognise barriers to effective listening and practise strategies to overcome them.
- Demonstrate how active listening contributes to psychological safety and stronger workplace relationships.



WORKPLACE SPECIFIC

WORKPLACE WELLBEING: EMPOWERING MINDS FOR A HEALTHIER WORK ENVIRONMENT

Session Outline:

This engaging and interactive webinar focuses on making mental health within the workplace a top priority.

Aimed at both employees and managers, this session explores the significance of mental health and wellbeing, and how it directly influences productivity and work culture.

Attendees will be empowered to foster a supportive environment and initiate positive changes in their own workplaces. Each participant will leave with practical, actionable steps that can be implemented immediately to contribute to a healthier workplace for all.

This session will help foster a sense of community and shared responsibility for mental health and wellbeing in the workplace.

Session Objectives:

Having attended this session, attendees will be able to:

- Articulate at least three reasons why mental health is crucial in the workplace, demonstrating comprehension of its impact on individual and organisational productivity.
- Identify and discuss at least five common workplace stressors and their effects on mental health, fostering a greater awareness of their implications.
- Develop strategies they can implement to promote mental wellness in their workplace.
- Take away ideas for initiatives or programmes that their organisations can adopt to create a supportive mental health culture, contributing to long-term positive change.



STRESS & ANXIETY

REMAINING RESILIENT

Session Outline:

Experts in positive psychology have long recognised that resilience is fundamental to good mental health and wellbeing and research consistently confirms that resilience is a capacity that is open to all to learn.

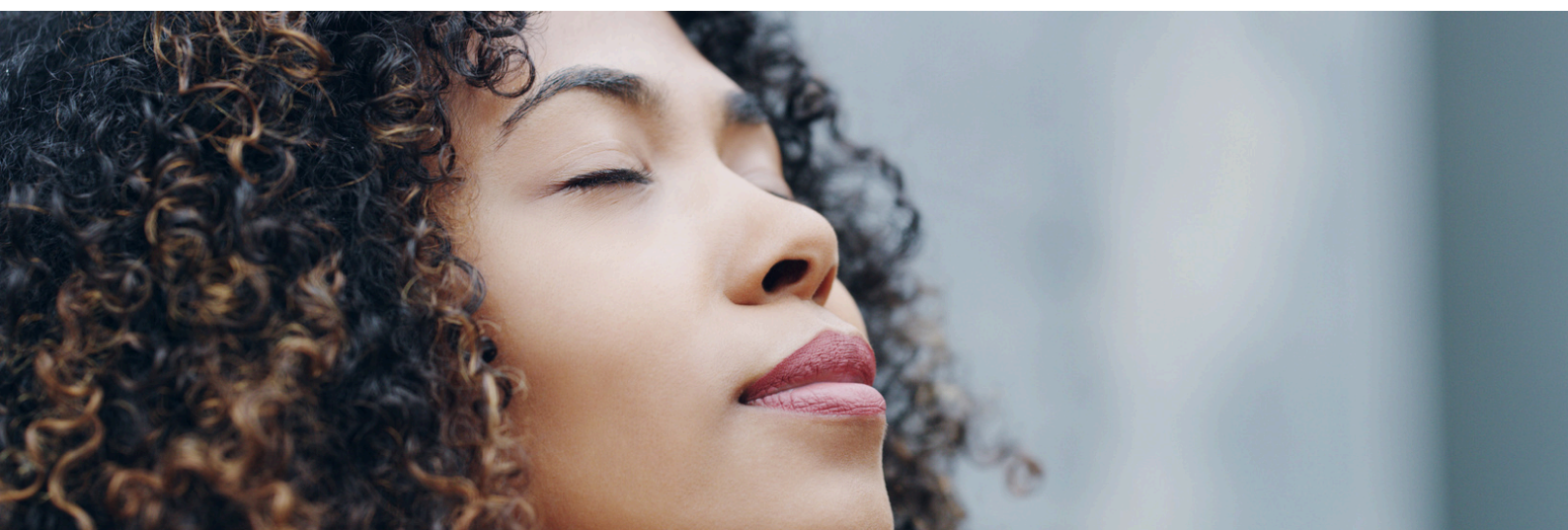
Resilience is like a muscle – we need to use it to keep it strong, to prevent its power from diminishing. There is significant value in everyone investing time and energy into consciously developing resilience – as a strong protective factor for future mental and emotional health and wellbeing.

In this session we will explore how we can all make a commitment to safeguarding and nurturing our resilience skills in order to protect our future mental and emotional mental health and wellbeing.

Session Objectives:

By the end of this webinar participants should be able to:

- Identify some existing personal resilience qualities, and know how to start building on them.
- Explain some of the factors affecting resilience.
- Summarise some of the techniques and practical ways a person can build their own resilience.



STRESS & ANXIETY

A MASTERCLASS IN STRESS MANAGEMENT

Session Outline:

Stress is a major contributor to mental and physical ill health. Not only is it important that individuals know how to identify and manage the negative effects of stress - there is also great value in all of us investing in proactively developing stress management tools as a great protective measure for long term good mental health.

This session builds on our popular 'Managing Stress and Avoiding Burnout' workshop, serving as a great reminder of the relationship between stress and ill-health and introducing some new stress management tools.

Participants will leave the session with some exercises which can reduce the feelings of stress in an instant.

Session Objectives:

Having attended this session, participants will be able to:

- Summarise the negative effects of stress.
- Identify possible stressors with clarity.
- Understand how certain thoughts, habits, attitudes, and behaviours may be contributing to feelings of stress.
- Explain the four pillars of stress management.
- Develop some positive, healthy ways of managing stress.

FINANCIAL STRESS AND MENTAL HEALTH

Session Outline:

Financial strain is recognised as being one of the key stress factors for adults, and it can be a major risk factor for poor mental health. It is not uncommon for people to neglect their mental health, specifically when they are experiencing financial stress. This can lead to significant problems in the long term and even worsen the existing financial stress.

In this session we will explore the relationship between financial stress and health - and attendees will leave with practical tools to help them combat financial stress, and stay well.

Session Objectives:

By the end of this webinar participants should be able to:

- Identify the impact of financial stress.
- Understand the relationship between financial stress and health.
- Feel empowered to take control of their financial stress.
- Develop some practical tools to help them combat financial stress.

STRESS & ANXIETY

MANAGING STRESS & AVOIDING BURNOUT

Session Outline:

Stress and burnout are increasingly common challenges that affect both individuals and teams.

This webinar is designed to help managers and colleagues recognise the early signs, understand the root causes, and take proactive steps to protect wellbeing and performance.

Attendees will explore practical tools to manage stress in themselves and others, reduce the risk of burnout, and foster a healthy, supportive team culture.

By the end of the session, participants will feel equipped to create an environment where people can thrive, even under pressure.

Session Objectives:

By the end of this webinar, participants should be able to:

- Describe the main causes and early signs of stress and burnout.
- Apply practical techniques to reduce the risk of burnout for themselves and their teams.
- Explain how to create and sustain an anti-burnout culture that promotes wellbeing and productivity.



STRESS & ANXIETY

RESILIENCE FOR GOOD MENTAL WELLBEING

Session Outline:

Resilience is fundamental to good mental health and well-being, and success in business/work and life. Resilience is something that can be developed, to improve mental well-being and as a protective factor against mental ill health.

This session will explore how we can all develop resilience in ourselves and in our teams. This will include practical advice and tools to help you to build your own resilience and to use with your team, including how to set appropriate boundaries.

Session Objectives:

By the end of this webinar, participants should be able to:

- Define the relationship between resilience and mental health.
- Identify and discuss key factors that can undermine your resilience-building.
- Develop understanding of resilient behaviour and use practical strategies to enhance resilience.
- Explain 10 key actions to build and sustain resilience effectively.

BREATHE IN; STRESS OUT

PRACTICAL APPROACHES TO STRESS MANAGEMENT

Session Outline:

Stress is a fact of life, and something most of us will experience.

This session explores practical ways to manage stress and reduce feelings of overwhelm for better health, more resilience and a sustainable sense of wellbeing.

Session Objectives:

By the end of this webinar, participants should be able to:

- Identify simple and practical ways to manage feelings of stress.
- Describe techniques to overcome overwhelm and restore a feeling of calm.
- Develop greater resilience in the face of challenges.

STRESS & ANXIETY

THE RELATIONSHIP REVOLUTION: REFRAMING STRESS FOR HEALTH, RESILIENCE, AND CONNECTION

Session Outline:

This empowering webinar explores the intricate relationships between stress, health, resilience, and our interpersonal connections. Drawing from recent research, we'll delve into how understanding these relationships can transform our approach to stress management. Participants will gain insights into the physiological impacts of stress on health, discover how stress can be harnessed to build resilience, and learn strategies to mitigate stress's effects on personal and professional relationships.

This session aims to equip attendees with practical, evidence-based tools to navigate stress more effectively, fostering improved wellbeing and stronger connections in all areas of life.

Session Objectives:

Having attended this session, attendees will be able to:

- Identify specific ways stress impacts physical and mental health, based on current UK research, and implement practical strategies to mitigate these effects.
- Demonstrate understanding of the stress-resilience relationship by creating a personal resilience-building plan incorporating evidence-based techniques.
- Recognise and articulate how stress affects key relationships in their lives, and apply new communication techniques to address stress-related conflicts in each relationship.
- Utilise new stress reframing techniques presented in the webinar to transform their perception of stressful situations.



GENDER SPECIFIC & PARENTING

BREAKING THE SILENCE: EMPOWERING MEN'S MENTAL HEALTH IN THE WORKPLACE

Session Outline:

This session is designed to address the unique mental health challenges faced by men in the workplace.

Drawing on evidence-based approaches and MHIB's commitment to reducing stigma and fostering positive mental health cultures, the session will explore the barriers men encounter in seeking support, the impact of traditional gender norms, and practical strategies for building resilience and wellbeing.

Participants will gain insights into recognising signs of distress in themselves and others, learn how to initiate supportive conversations, and access resources to maintain long-term mental health. The session will be interactive, combining expert input with real-world scenarios and group discussion to ensure actionable takeaways.

Session Objectives:

By the end of this webinar participants should be able to:

- Understand specific mental health challenges and stigma affecting men in the workplace
- Develop evidence-based strategies to recognise and address early signs of mental health difficulties in themselves and male colleagues.
- Confidently initiate at least one supportive conversation about mental health with a male colleague.
- Support men's mental health, in themselves or others



GENDER SPECIFIC & PARENTING

WOMEN'S MENTAL HEALTH

Session Outline:

This powerful session looks at mental health through a female lens - focussing on prevention, early intervention and health promotion.

Social and economic factors can put women at greater risk of poor mental health than men. Around one in five women have a common mental health disorder, such as depression and anxiety.

While there can be many reasons why these develop, some specific risk factors affect many women, including life events such as pregnancy and menopause. When women find it hard to talk about difficult feelings, they tend to internalise them. This can lead to certain common mental health disorders.

In this session we will explore some of the specific risk factors and protective factors that can influence women's mental health. Attendees will leave with some practical tools that will help support them to improve their mental health and wellbeing.

This session is aimed at women - and at anyone who has women and girls that they care about, and live or work with.

Session Objectives:

Having attended this session, participants should be able to:

- Identify the early signs of mental ill health in women and girls (and themselves).
- Understand the specific risk and protective factors that influence women's mental health.
- Support women and girls to access appropriate help and support.
- Understand the barriers to women and girls accessing the support they need.
- Be a part of the conversation on women's mental health.



GENDER SPECIFIC & PARENTING

MENOPAUSE: WHAT EVERYONE NEEDS TO KNOW

Session Outline:

Menopause is a reality for every biological woman and it is vital to understand how menopause can affect psychological, emotional and physical health.

This empowering session is for women, and anyone that lives with or works with women.

The aim of the session is to raise awareness on menopause, to empower women and those that love them, and to share practical guidance on supporting someone (or yourself) through menopause.

Session Objectives:

Having attended this session, participants will be able to:

- Understand the effects of menopause.
- Articulate some helpful tips for managing menopause.
- Develop insight into how the workplace can support menopause.

MEN: IT'S OK TO TALK (AND OTHER WAYS TO PROCESS DIFFICULT STUFF)

Session Outline:

Talking is good for us. We all know that and yet some of us find it hard to talk about how we feel, especially when we aren't feeling good.

This session is aimed at men and those that would like to support the men in their lives. The aim of the session is to shine a light on why some men find it difficult to open up, to explore ways to support men when they are struggling and to share some alternative ways to process difficult stuff, for those who really don't like talking.

Attendees will develop an understanding of some of the challenges facing men today and will take away some helpful ways to support men (or themselves) through difficult times.

Session Objectives:

By the end of this webinar participants should be able to:

- Describe common barriers that make it harder for men to open up or seek connection.
- Use practical approaches to support men who may be struggling with their mental health.
- Explore healthy ways to process and express difficult emotions or experiences.

GENDER SPECIFIC & PARENTING

NURTURING PARENTHOOD: PRIORITISING WELL-BEING FOR PARENTS AND CHILDREN

Session Outline:

This interactive session, that is aimed at parents and caregivers of children and young people, focuses on supporting and enhancing parental well-being.

In this empowering session we will explore strategies to navigate the delicate balance of work, family, and self-care while fostering a supportive environment for both parents and children.

Session Objectives:

By the end of this webinar participants should be able to:

- Identify common challenges faced by parents and caregivers in balancing work, family, and self-care.
- Practise at least two techniques to support their own emotional wellbeing and resilience as parents.
- Describe strategies to create a nurturing, supportive environment for children's mental and emotional health.
- Develop an individual action plan to prioritise wellbeing for both themselves and their families.



SUICIDE & GRIEF

UNDERSTANDING SUICIDE: OPENING UP THE CONVERSATION

Session Outline:

Talking about suicide can be difficult, but it's one of the most important conversations we can have.

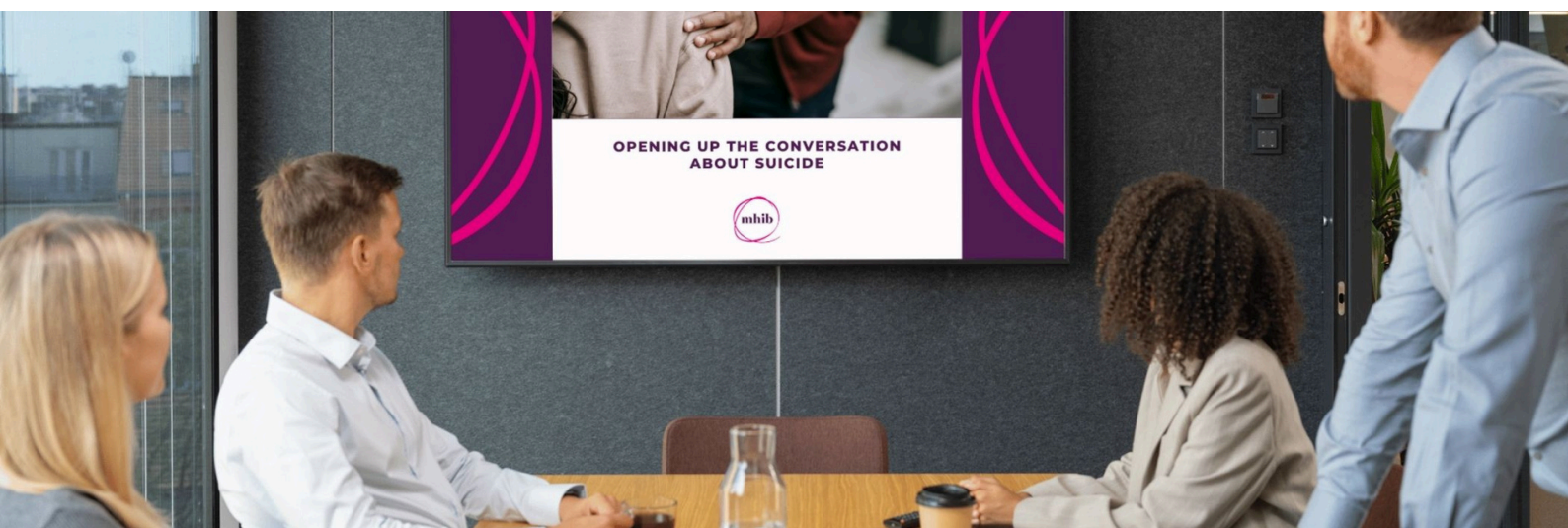
This session explores the impact of suicide in a safe, supportive, and empowering way, helping participants feel more confident in recognising warning signs and responding with care and compassion.

Attendees will gain practical insight into how we can all play a part in creating suicide-safer communities, and take away a message of hope: that recovery is possible, and that every conversation has the potential to save a life.

Session Objectives:

By the end of this webinar participants should be able to:

- Summarise the impact of suicide.
- Identify some commonly held beliefs about suicide.
- Understand how certain thoughts and beliefs may be contributing to stigma.
- Explain some of the signs and risk factors of suicide.
- Develop the knowledge and skills to respond to thoughts of suicide.



SUICIDE & GRIEF

UNDERSTANDING SUICIDE RISK ACROSS THE LIFESPAN: AGE, GENDER, AND VULNERABILITY

Session Outline:

This session explores how suicide risk varies across different age groups and between genders, drawing on the latest data and research.

Participants will learn about the unique risk factors, warning signs, and intervention strategies relevant to children, young people, adults, and older adults, as well as the persistent gender disparities in suicide rates.

The session will also address stigma and barriers to help-seeking in these populations.

Session Objectives:

By the end of this webinar participants should be able to:

- Identify current suicide trends by age and gender, referencing the latest UK data.
- Understand the unique risk and protective factors for suicide in different demographic groups.
- Recognise how stigma and societal attitudes impact suicide risk and help-seeking behaviour.
- Develop tailored approaches to support individuals at risk across the lifespan.

THE RIPPLE EFFECT: SUICIDE'S IMPACT ON FAMILIES, WORKPLACES, AND COMMUNITIES

Session Outline:

This webinar examines the broader impact of suicide beyond the individual, focusing on the emotional, social, and economic effects on families, colleagues, and communities.

The session introduces the concept of "the ripple effect," addresses the risk of suicide contagion, and highlights the importance of supportive environments and community-based prevention.

Session Objectives:

By the end of this webinar participants should be able to:

- Explain the ripple effect of suicide and its consequences for those left behind.
- Recognise signs of distress and increased risk among bereaved individuals and groups.
- Identify strategies to support affected families, teams, and communities, including safe communication and reducing contagion risk.
- Promote a culture of openness and support to reduce stigma and foster resilience.

SUICIDE & GRIEF

SUPPORTING COLLEAGUES AFTER SUICIDE: IMMEDIATE AND ONGOING WORKPLACE RESPONSE

Session Outline:

This one-hour webinar provides practical guidance for managers and staff on how to respond to the death of a colleague by suicide.

It covers immediate actions, communication, emotional support, and the importance of leadership in fostering a compassionate and supportive environment.

Session Objectives:

By the end of this webinar participants should be able to:

- Understand the principles and aims of postvention in the workplace.
- Identify immediate steps to support individuals and teams after a suicide.
- Learn effective, compassionate communication strategies and safe messaging
- Recognise signs of distress and when to refer for additional support.
- Promote ongoing support and recovery, including the role of leadership in trust-building.

SUICIDE POSTVENTION IN PRACTICE: BUILDING A SUICIDE-SAFER WORKPLACE

Session Outline:

This interactive session equips participants with the skills to implement effective postvention following a suicide in the workplace.

Through case studies, group discussion, and role play, attendees will learn how to support individuals and teams, develop a postvention plan, and create suicide safety plans for those at risk.

Session Objectives:

By the end of this webinar participants should be able to:

- Understand the psychological and organisational impact of suicide loss.
- Develop a tailored postvention response plan, including roles and responsibilities.
- Practice skills for supporting bereaved individuals and teams, including active listening and trauma-informed approaches.
- Learn how to create and implement suicide safety plans for at-risk colleagues.
- Explore strategies for ongoing monitoring, follow-up, and feedback to continually improve postvention support.

SUICIDE & GRIEF

UNDERSTANDING GRIEF AND BEREAVEMENT

Session Outline:

Bereavement and grief are things we will experience at some point in our lives. Most people associate grief with the loss of a loved one – and of course, we will all experience bereavement during our lives.

We can also experience feelings of loss, grief and bereavement following the breakdown of a relationship, the loss of a job or a pet, and on receiving a diagnosis of a terminal or life-limiting illness.

This session will explore the relationship between loss, grief, bereavement and mental health; how we can manage grief in healthy ways; and how we can support others who are experiencing loss or grief.

Session Objectives:

Having attended this session, participants will be able to:

- Understand how to have a conversation about grief.
- Support someone that has experienced loss or bereavement.
- Manage their own feelings of loss or grief in healthy ways.



NOURISH & FLOURISH: THE ROLE OF FOOD IN MENTAL WELLBEING

Session Outline:

Food is far more than fuel, it has a profound impact on our mood, focus, and overall mental resilience. This webinar helps attendees cut through the noise of diet trends and conflicting advice to understand what truly supports both mind and body.

Through evidence-based insight and practical discussion, participants will explore how nutrition affects emotional wellbeing, energy, and stress levels.

We'll also consider the wider picture, including the joy and connection food can bring, and how to build a healthy, balanced relationship with eating that's free from guilt or confusion.

Session Objectives:

By the end of this webinar participants should be able to:

- Describe how nutrition influences mental health, cognitive function, and emotional wellbeing.
- Apply simple, sustainable nutrition strategies to support mood, focus, and stress resilience.
- Recognise the social, cultural, and mindful aspects of food that contribute to wellbeing.
- Foster a positive and balanced relationship with food, rooted in enjoyment and autonomy.
- Acknowledge disordered eating risks and approach nutrition discussions with care and sensitivity.



HEALTH & SELF-CARE

SELF CARE 101: TIPS TO SUPERCHARGE YOUR SELF CARE

Session Outline:

Healthy, helpful personal coping strategies are absolutely fundamental to health, happiness and success at work.

This empowering session helps you to develop some powerful self-help strategies to manage stress, boost resilience and protect overall health and wellbeing.

Through group discussion, activities and exercises, attendees will identify areas in their lives where more self-help would be beneficial, and will take away some practical ways to be intentional in developing healthy self-care practices.

Session Objectives:

Having attended this session, participants will be able to:

- Understand the need for healthy, helpful coping strategies.
- Develop sustainable self-care practices.
- Access resources to support health, happiness and success at work.

MENTAL RECHARGE: REVITALISE YOUR MENTAL WELLBEING FOR A RENEWED YOU

Session Outline:

Mental Wellbeing is one of the most valuable resources we have, and underpins happiness, success and resilience in all areas of life.

This session looks at ways that we can revitalise mental wellbeing and establish new, healthy practices that will support long term mental wellness.

Session Objectives:

Having attended this session, participants will be able to:

- Make mental health and wellness a top priority.
- Build wellbeing into day to day life.
- Improve their own mental health and wellbeing, and build greater resilience.

MOVING TOWARDS MENTAL WELLNESS

Session Outline:

An enlightening session that explores the intertwined relationship between movement and mental health.

Uncover the positive impact of exercise on wellbeing, address common barriers to physical activity, and discover practical strategies to incorporate movement into your daily routine for enhanced mental wellness.

Session Objectives:

Having attended this session, participants will be able to:

- Discuss the role of consistent movement in combating sedentary lifestyles and its crucial contribution to long-term mental wellness and success, highlighting its protective effects against stress and mental health issues.
- Identify key barriers to incorporating movement into a busy lifestyle, such as time constraints and motivational hurdles, and develop targeted solutions to overcome these challenges.
- Implement a progress tracking system to monitor the gradual increase in physical activity levels and its effects on mental health indicators over a specified period.
- Cultivate a culture of movement within daily routines, emphasising small, achievable steps that can lead to significant improvements in mental wellbeing.

CULTIVATING COMMUNITY: THE CORNERSTONE OF MENTAL WELLBEING

Session Outline:

This inspiring webinar explores the vital role of community in supporting and enhancing mental health. We'll examine how community connections contribute to individual and collective wellbeing. Participants will learn about the latest research on social support and mental health outcomes, discover innovative community-based mental health initiatives, and gain practical strategies for building and strengthening supportive networks.

This session aims to empower attendees to actively engage in and contribute to communities that foster positive mental health, creating ripple effects of wellbeing in their personal and professional spheres.

Session Objectives:

Having attended this session, attendees will be able to:

- Identify and describe evidence-based ways in which community involvement positively impacts mental health, drawing from current UK studies.
- Develop a personal action plan to increase community engagement.
- Demonstrate the ability to recognise signs of social isolation in themselves and others, and list practical strategies to combat it.
- Design and initiate a community-building activity or initiative in their workplace or local area.



SUPPORTING CUSTOMERS WORKSHOP

SUPPORTING CUSTOMERS: MENTAL HEALTH & WELLBEING WORKSHOP (3-HOUR WORKSHOP)

As a manager or leader, some of the hardest parts of the job can be difficult conversations with team members.

This workshop focuses on empowering you to confidently support your teams' mental health and wellbeing, and initiate and handle challenging conversations.

This is a powerful session for individuals dealing with potentially vulnerable customers, designed to instil confidence when supporting individuals who are experiencing challenging circumstances.

Attendees will leave with the knowledge and skills to identify risk factors that may make an individual vulnerable, and able to recognise the signs of poor mental health.

They will also gain confidence in responding appropriately in a crisis; and will be equipped to guide people towards appropriate professional help when it is needed.



OUR LEAD TRAINERS

CLAIRE RUSSELL. CEO, FOUNDER & LEAD TRAINER

- Clarity Coach
- Menopause Experts Group Menopause Trainer and Coach (MEG)
- Breathe to Heal Facilitator (Yoga Alliance Approved)
- MHFA England Mental Health First Aid Instructor (Adult)
- MHFA England Mental Health First Aid Instructor (Youth)
- Understanding Suicide Intervention (NCSPET)
- Understanding Suicide Intervention Children and Young People (NCSPET)
- Source Process and Breathwork Practitioner and Therapist (GPBA Accredited)



With over 20 years of corporate leadership experience and a powerful personal story, Claire is a passionate advocate for breaking mental health stigma and reducing suicide rates. Her work is shaped by lived experience, including her own mental health challenges and the loss of her partner to suicide, making her a deeply authentic and impactful speaker, trainer, and coach. Claire is also a long-standing volunteer with Samaritans and a sought-after voice on resilience, workplace wellbeing, and suicide prevention.

STEVE HEATH

- Co-founder and Client Services Director
- 10+ years business ownership and leadership experience
- Mental Health Coach and Trainer
- Mental Health First Aid Instructor
- Yoga Alliance accredited Breath-work Teacher
- Client Relationship Management Lead

Steve's vision is to lead a global shift in mental health in the workplace. He is passionate about helping businesses to create meaningful and impactful wellbeing programmes.



JAY UNWIN

- Over a decade of experience spanning education, fitness, and psychology
- MSc in Psychology and BSc (Hons) in Biology
- Graduate member - British Psychological Society
- Associate member - International Stress Management Association
- Associate member - British Society of Lifestyle Medicine
- Former science teacher, functional fitness coach, and gym owner
- Lived experience of burnout, cancer, depression, and fibromyalgia

Jay's mission is to drive cultural change and equip individuals and organisations with the tools to thrive in work and life.



CASE STUDY



Following Covid - we had all changed. We had re-evaluated our lives and what was important to us. It also took a toll on our mental health. Our business recognised the need to reassure our workforce that we understood the impact on everyone and wanted to provide as much support as possible – in the words of our CEO, to ‘put our arms around the business’.

The business has formed an enviable reputation, over 100 years, offering jobs for life for those that want safe and secure employment. It is vitally important to us that we retain our unique offering, a family business for families. We have 3rd generation colleagues working in the business but we recognise the needs of today’s workforce may differ to those of yesterday. **Our partnership with Mental Health in Business has been a perfect fit for our organisation, reaching all levels and length of service.**

We introduced 40 mental health first aiders across the country, that has allowed us to facilitate many conversations and offer a whole new level of support to our colleagues, peer to peer.

We have taken our full management team through the ‘Managing Mental Health’ course and grown their confidence – not just in managing mental health but holding open and honest discussions too.

MHIB host **monthly webinars for our whole workforce**, which are recorded so can be accessed at any time for people who maybe can’t make the session, for example as a result of our different shift patterns. These are regularly attended by our senior team and we do not underestimate the power of the leadership teams visibility – **it really helps our colleagues know, we are taking this seriously.**

CASE STUDY



In our engagement survey, we have specific commentary referencing the MHIB partnership.

“It’s good to see that our business offers support on mental health”

“I really enjoy the webinars, I particularly enjoyed the Menopause one, it’s always been a closed subject until now”

“The introduction of MHFAs is a really welcome step from WHM, the company is going in the right direction with this help”

“The webinars make me think differently about my own mental health”

For us, this is endorsement from our colleagues for our partnership.

Our MHFAs report that they feel really empowered to help others. It’s no surprise that our wellbeing score has increased year on year since the introduction of MHIB.

Finally, I would add that it is a privilege to work with the MHIB team who are exceptional in their knowledge and delivery.

The topics are delivered with sensitivity, warmth and compassion, all while understanding your business complexity – it is not one size fits all, which was hugely important for us.

To anyone wanting to introduce mental health support into your business, do it without hesitation.

The team are so knowledgeable and made the administration side of things very easy, the quality is top notch, I’ve never seen a better package put together.

OUR CLIENTS

