

## Bespoke webinars and/or speaker engagements to raise awareness, progress the conversation and build appetite

Each quarter, we develop the topics that we believe are pertinent to all workplaces and the human beings within them at the time. If you are interested in offering these in a bespoke way across your organisation, but are not sure which topic is best suited, our advice is to ask people what they would find most helpful as our diverse team of associates can cover an incredibly broad range of topics. We can also provide speakers for engagement events on a variety of topics across the wellbeing agenda which allow for greater interaction and are very effective at sparking interest across your organisation.

### Example Topics

#### Mental health awareness topics

Whilst not an exhaustive list, these short webinars are perfect for dates such as World Mental Health Day, or Mental Health Awareness Week or Stress Awareness month when you want to start a conversation with your employees (not an exhaustive list!):

- No Panic! Getting your head around anxiety
- Wellbeing Troubleshooting
- Real World Mindfulness
- Menopause and Mental Health
- Men's Mental Health
- Gut Health & Performance
- Breathe to Relieve

#### Strategic self-care, passion burnout and everything in between

This webinar will have you reflecting on how you strategically manage your self-care. To understand your personal obstacles and ways you can self-sabotage practising self-care. This session will also cover understanding more about passion burnout and compassion fatigue and will help you learn how to switch up your self-care toolbox throughout the year. This is also a perfect webinar for those who support others such as Mental Health First Aiders, Champions and HR Teams.

#### Dealing with loss and/or trauma

Every single one of us lost something during the pandemic. For most, that involved the loss of our liberty, freedom of choice, human interaction, access to the activities that help us maintain a positive sense of wellbeing, social connection with friends and work colleagues for example. In short, all the things that contribute to our living a life full of meaning and purpose. For others it also involved bereavement, whether from Covid 19 or other illnesses, that could not be grieved or marked in the traditional way. These sorts of losses leave a mark that impacts our Mental Wealth; at the time and into the future. For some they were experienced as trauma which has an even greater and longer term impact.

Help your employees understand the impact of loss and trauma on their wellbeing and learn how to support themselves as they deal with this and navigate the ups and downs still to come from the post Covid workplace.

#### Overcoming adversity & moving into resilience

“What doesn't kill us can make us stronger”. In times of adversity and trauma, we have the opportunity to learn and grow through this period, enabling us to foster and build resilience. This webinar, based on positive psychology research, helps you to think about your own way of moving through challenging times and provides you with tools to flourish long term.

### Practical details:

**Aimed at:** whole organisation

**Session length:** 60 minutes

**Session style:** online (or in-person speakers)

**Number of attendees:** up to 500

