



Short sessions to Improve Wellbeing at Work and in your Personal life.

Provided as Coffee'n'Chat or Lunch'n'Learn sessions (30-60 minutes)

Pick & Mix from the following

1. Stress - how much stress is good for you?	2. Stress - Exploring Helpful & Unhelpful strategies	3. 5 Ways to Wellbeing - for you personally	4. 5 Ways to Wellbeing for you and your workplace
5. Other Ways to Wellbeing	6. What Makes us Happy?	7. What Keeps us Happy?	8. Happiness Lessons from Winnie the Pooh
9. The Happiness Jar Lesson	10. Barriers to Happiness	11. Ways to be Calmer/More Zen	12. Resilience - How can you Bounce Back quickly?
13. Learn to Reframe, learn to change your reactions	14. * Breathing - why you can use it as a Secret Weapon	15. * Never Assume - it will make an "Ass" of "U" and "Me"	16. Common mental illnesses - Depression
17. Common mental illnesses - Anxiety	18. Financial costs of mental illness	19. How to support someone with a mental illness in the work place - noticing, awareness, timing	20. How to approach someone you are concerned about - start a conversation and keep listening
21. Listening Skills You have Two Ears, one mouth & WAIT	22. **Optimising SLEEP & reducing Fatigue / how well do you sleep?	23. **Unhelpful thinking - stop that negative self-talk - Part 1	24. ** Unhelpful thinking - stop that negative self-talk - Part 2

* Coffee'n'chat only ** Lunch'n'Learn only Others can be adapted to either

We also have colleagues who can deliver Yoga, Mindfulness & Massage sessions

Contact us for your choices and to arrange delivery of these interactive sessions - also suitable for team meetings, away days, conferences, events - these can be applied in a variety of ways

Pricing Structure

Up to 3 coffee sessions - maximum of 12 people per session - £300 for up to 3 same day

Up to 2 lunch sessions - maximum of 12 people - £300 for up to 2 sessions same day

Book up to 3 coffee and up to 2 lunches for £575 or Full Day training £950 (resources included)