

Webinars - Live One Hour Sessions

1. Resilience and Wellbeing for Human Resource Teams

During these uncertain, ever-changing times, HR teams are holding huge responsibility for organisational welfare and wellbeing. Our specialist HR and Mental Health trainer will introduce some thoughts and insights on how HR teams can practice some self-care and resilience, as the demand and expectation on HR increases.

2. Working from Home - Wellness Action Plans for Employees

This practical webinar is for any employee working from home, whether they have a mental health problem or not. Many of us are now working from home due to the COVID-19 outbreak, and the usual support we access in our workplaces may not currently be there for us. Therefore, it is more important now than ever before to reflect on what keeps us well, and identify what can impact our wellbeing during this time. The Wellness Action Plan webinar introduces this useful tool for employees working from home during the COVID-19 outbreak, explains how to get started, how to complete a Wellness Action Plan, and how to regularly review your own plan.

Everyone can complete a Wellness Action Plan - you don't need to have a mental health problem in order to feel the benefits. It just means that you already have practical steps in place to ensure you're supported when you're not feeling great.

3. Working from Home - Wellness Action Plans for Managers

This webinar is for managers or supervisors who are interested in introducing Wellness Action Plans to their team members.

The webinar is designed to be a helpful starting point in your journey as a line manager towards supporting your team members with their mental health at work. As a manager, encouraging your team to draw up a Wellness Action Plan gives them ownership of the practical steps needed to help them stay well at work or manage a mental health problem. It also opens up a dialogue between you and your team member, to help you better understand their needs and experiences and therefore better support their wellbeing. This in turn can lead to greater productivity, better performance, and increased job satisfaction.

4. Stress Resilience Toolkit

This webinar aims to teach delegates how to build more resilience to stress, identify your triggers and learn new strategies to build better mental health habits. The webinar teaches you how to recognise the early signs of stress and provides you with an understanding of the five pillars framework for building resilience. You'll learn to identify your current stressors and build more positive coping strategies, and to know when to take action to combat stress. By the end of the webinar, you will have learned a number of helpful one minute tools to help manage stress in the moment, as well as a selection of longer-term self-care tools, tips and techniques.

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5. Good Mood Food workshop

This webinar aims to teach delegates how to eat for better mental health, and gain an understanding of how food and nutrition can affect your mental and emotional health. The webinar gives an overview of the connection between food and mood, as well as offering practical tips. You'll learn ways to eat for better mood and improve mental health; how to eat to maintain energy levels during the working day; ways to eat to reduce stress levels; and how to set sustainable goals for better mental health habits. Finally, we'll teach you to create simple mood enhancing recipes, snacks and smoothies.

6. Finding Focus Toolkit

This webinar aims to teach delegates how to build a more focused, calm and productive mindset. Identify your everyday distraction habits and limiting beliefs. Find out how technology is preventing your focus and how you can make simple changes to your working day. You'll learn why energy management is important and how to balance productivity with well being. By the end of the webinar you will have learned 5 modern strategies to build a focused mindset and know how to put these tools into practice immediately.

7. Mindfulness

This webinar aims to help delegates to gain an understanding of what mindfulness is, and why it is an effective and helpful practice within our daily lives. The webinar explains what mindfulness is and the evidence base behind it, explores the key principles underlining a mindful approach, and offers an understanding of mindfulness practice and how to bring it into our everyday lives. The session ends with an introductory mindfulness practice.

8. Bespoke One Hour Webinars

We are experienced in developing bespoke, in-house online training sessions to suit your business, tailoring the training to suit the needs of your organisation or team. Our bespoke one-hour webinars are developed specifically for your needs, using your requirements and the expertise of our team of trainers, and delivered live to your team via Zoom or Microsoft teams. If you're interested in commissioning a bespoke webinar, or series of bespoke webinars, please send an email to us with some information about your organisation, the topic you'd like covered, and your specific requirements, and we'll do our best to accommodate you.

Delivery Options for all the above

Course Length: 1 hour

Group Size: Available for groups of up to 20 people.

Delegate Requirements: Delegates must be aged 18 or over

Setup Requirements: Internet connection, sound, and video

Delivery Mode: Online delivery, via Zoom or Microsoft Teams

Course Fees: please contact training@bristolmind.org.uk for a quote.