



Creating a Wellness Toolbox Workshop

1 in 6 workers in the UK are currently dealing with a mental health problem, such as anxiety, depression or stress, which acts as a barrier to being able to perform at their best. Exasperated by the cost-of-living crisis and work-related stresses; wellness, wellbeing, and selfcare has never been so important. Having a mentally healthy workforce can bring so many benefits to an organisation, including increased productivity, innovation and efficiency, improving staff morale and motivation and reducing sickness and staff turnover. However, good mental health and wellbeing underpins this. Sadly, statistics reveal a decline in peoples mental health, with 40% of employers reporting an increase in staff sickness levels due to stress within the last twelve months.

Most people have an awareness of the things they need to do to stay well, including the personal and social tools and resources needed to promote their own wellness. However, being able to recognise them for what they are and being able to shape them into a personal wellness toolbox, that can be taken out and used when they need to, is key. In many workplaces, mental health and wellness is the elephant in the room. But employers have the power to raise awareness and promote discussion, by encouraging staff to foster their own wellness toolbox, to help better manage daily stresses, create a happier, healthier lifestyle and perform to their potential.

In this workshop we will:

- Explore our understanding of what mental health and wellbeing is
- Introduce tools that will help understand our own mental health and wellbeing and what we need in order to thrive.
- Explore selfcare activities and develop individual wellness toolboxes.

It's an experiential session which will hold space for participants to support a shared learning experience.

Open Access Dates

This course is available to book individual places on the following dates:

Next course dates to be announced

About

Length: 90 minutes (delivered in-person)

Number of learners: Max 16

Price: £30 per person

Organisation Price (minimum of 8, maximum of 16 learners): £200.00

In person (face-to-face) training includes course materials and resources for you to take away with you.