

LUNCH & LEARN



Mental Health and Wellbeing at Workplace

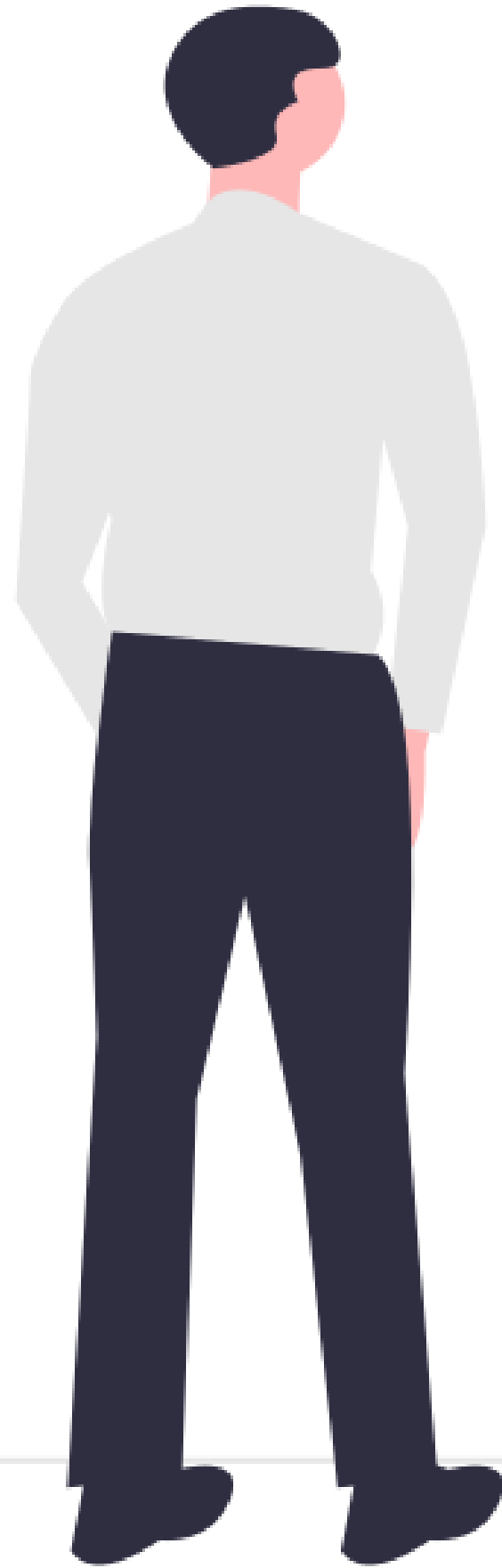
by Siren Training

Siren Training



As we navigate the range of challenges brought about by the coronavirus pandemic, focusing on mental health and wellbeing at work is more important than ever before.

SIREN
First Aid & Fire Safety



We are delighted to bring you a series of "Lunch & Learns", bringing together some of the leading experts in workplace mental health and wellbeing, to share practical advice.

Topics 1-6

THE TOPICS HAVE BEEN CURATED TO IGNITE CONVERSATION AND SHARE SCIENTIFIC KNOWLEDGE AND BEST PRACTICE, WITH THE AIM OF CREATING A CULTURE OF POSITIVE MENTAL HEALTH AND WELLBEING IN YOUR WORKPLACE.

1 STRESS & ANXIETY WORKSHOP

2 DE-ESCALATION OF
EMOTIONALLY CHARGED
SITUATIONS

3 THRIVING AS A MENTAL HEALTH
FIRST AIDER

4 THRIVING UNDER PRESSURE

5 DIVERSITY AND INCLUSION IN
THE WORKPLACE

6 NUTRITION AND MENTAL
HEALTH

Topics 7-12

7

MINDFULNESS WORKSHOP

8

LIVING WITH THE
UNCERTAINTY OF LOCKDOWN

9

MENTAL WELLBEING WHILST
WORKING FROM HOME

10

MEN'S MENTAL HEALTH

11

WOMEN'S MENTAL HEALTH

12

MENOPAUSE IN THE
WORKPLACE

Topic	Takeaways	Duration	Structure	Max No	Pricing
Stress & Anxiety Workshop	Typical causes of stress and anxiety	60 min	Virtual	100	£600
	How to become familiar with triggers				
	Selecting coping strategies that work				
<u>De-Escalation of Emotionally Charged Situations</u>	Understand where challenging behaviour comes from	45 min	Virtual	50	£600
	Crisis stress modelling				
	Enhanced awareness and personal safety in conflict management				
Thriving as a mental health first aider	Suits anyone who has completed MHFA training	45 min	Virtual	50	£600
	How to manage stress and build boundaries				
	Self-care strategies				
Thriving under pressure	How to manage stress	45 min	Virtual	50	£800
	How to improve happiness				
	Managing our anxious thoughts				
Diversity and Inclusion in the Workplace	Understand what inclusive behaviours in the workplace looks like and the impact surrounding those	45 min	Virtual	100	£600
	Gain insight into some of our natural behaviours				
	Look at how we can identify our own biased behaviours and change our thinking				
Nutrition and Mental Health	Enhance Your Energy – How To Eat For Better Energy & Productivity Carbohydrates, Protein	45 min	Virtual	100	£1000
	Healthy Habit Take Away				
	Fat & Fibre – The Breakdown And Portion Sizes The Do's & Don'ts Of Office Eating				

Topic	Takeaways	Duration	Structure	Max No	Pricing
	You will understand how stress and anxiety affect the brain	45 min	Virtual	50	£600
<u>Introduction to Mindfulness</u>	You will have experienced what it means to be mindful				
	You will have some Mindfulness practices to use for self-care.				
	Typical causes of stress and anxiety	60 min	Virtual	100	£600
Mental wellbeing whilst working from home	Understanding how to manage the feelings of stress and anxiety				
	Selecting coping strategies that work				
	Understand our own responses to the current COVID situation	60 min	Virtual	100	£1000
Living with the uncertainty of Lockdown	Identify and strengthen our psychological flexibility skills				
	Connect with colleagues over shared concerns and challenges they are experiencing				
	Recognition of our own mental health	60 min	Virtual	50	£600
Men's Mental Health	How to start the conversation				
	Where to signpost for help and what support is available				
	Self-care strategies		Virtual		
Women's Mental Health	How to support and help someone	60		50	£600
	Where to signpost for help and what support is available				
	Explore a number of strategies and ideas to manage the impact of the menopause both at work and at home	60	Virtual	100	£600
Menopause in the Workplace	Share experiences in a safe space				
	Learn about workplace adjustments and explore ideas for flexible working practices				

Our talks will inspire, encourage and motivate your employees, providing practical takeaways that encourage positive change right then and there.





WHAT OTHER PEOPLE SAY ABOUT US

* EXCELLENT & ENGAGING TRAINING FROM KERRY. DESPITE IT BEING VIRTUAL, THIS DID NOT DETRACT FROM THE LEARNING EXPERIENCE. KERRY WAS KNOWLEDGEABLE, SENSITIVE TO THE TRAINING NEEDS OF THE GROUP AND EQUIPPED ME WITH THE NECESSARY SKILLS TO BE A MENTAL HEALTH FIRST AIDER. THANK YOU.

- * THE CONTENT WAS SENSITIVE AND DIFFICULT AT TIMES TO DIGEST BUT THE DELIVERY BY AMANDA WAS SUPPORTIVE, THOUGHT PROVOKING AND EMPOWERING!
- * ENJOYED THE COURSE, I FEEL I HAVE A BETTER UNDERSTANDING AND KNOWLEDGE ABOUT MENTAL HEALTH AND HOW TO SUPPORT THOSE WHO NEED SOME HELP AND UNDERSTANDING OF WHAT THEY ARE EXPERIENCING





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info@sirentraining.co.uk

02037408088

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