

Lunch & Learn by 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.

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

- Mindfulness Workshop
- Menopause in the Workplace
- De-escalation Methods
- Thriving as a MHFA
- Thriving under pressure
- Living with the uncertainty of Lockdown
- Stress & Anxiety Workshop
- Nutrition and Mental Health
- Diversity and Inclusion in the Workplace
- Men's Mental Health
- Women's Mental Health
- Juggling Work & Parenthood
- Mental wellbeing whilst working from home

HOW MUCH DOES IT COST?

You can choose an individual wellbeing session or build packages from the list below. The discount rate is progressive – the more you book the bigger discount you get.

4 mental wellbeing sessions

Full Price

8 mental wellbeing sessions

5%OFF

12 mental wellbeing session

10%OFF

Menopause in the Workplace

Often viewed as a taboo subject, menopause presents many women with challenges as they continue to navigate their working lives. Sadly, we know that one in four women experiencing menopause symptoms have considered resigning from their role and with more women in work over the age of 50 than ever before it is important to act.

This engaging workshop provides an opportunity for employees to learn more about the impact of the menopause and explores strategies for managing symptoms.

Takeaways

- Learn about the symptoms of the menopause
- Explore a number of strategies and ideas to manage the impact of the menopause both at work and at home
- Share experiences in a safe space
- Learn about workplace adjustments and explore ideas for flexible working practices.

How it works

- Capacity: 100 people
- Length: 60 minutes
- Your facilitator: A clinical psychologist
- Logistics: You'll be sent an exclusive link to the workshop, which will be streamed via Zoom
- Cost: £600

De-Escalation of Emotionally Charged Situations

A webinar exploring how to recognise signs of potentially threatening behaviour, understanding why emotionally charged situations may escalate, and how to utilise non-confrontational techniques and communication skills to de-escalate crisis situations. Application within the workplace, over telephone or video communication and community-based settings.

Who is this for?

Anyone working role who interacts with the general public. Suggested benefit for employees within Human Resources or line management, complaint resolution, customer services, retail, education, community groups or anyone who has a general interest in conflict management. Suitable for beginners to advanced.

What I will be learning?

An introduction to non-confrontational de-escalation skills through listening and communication, awareness, behaviour management, personal safety and supporting an individual with mental ill health related crises.

Takeaways

- Understand where challenging behaviour comes from
- Crisis stress modelling
- Enhanced awareness and personal safety in conflict management

How it works

Interactive presentation facilitated throughout the webinar delivery, polls and Q&A opportunities for the participants.

Duration: 45 Mins

Capacity: Up to 50 Virtually

Available: Worldwide

Logistics: Delivered via Zoom | Cost: £600

Thriving as an MHFA

You cannot draw water from an empty well. Self-Care and looking after your own mental health is extremely important, especially if you are supporting others as an Mental Health First Aider. Join us on this 45 min Lunch and Learn to discover further tools and practices to support your wellbeing that will help you thrive as an MHFA.

Who is this for?

Anyone who has completed MHFA training.

Takeaways

Self-care strategies

How to manage stress and build boundaries

How it works

Duration: 45 Mins

Capacity: Up to 50 Virtually

Workshop Leader: Mental Health First Aid England Instructor & Workplace Wellbeing Consultant

Available: Worldwide

Logistics: Delivered via Zoom

Cost: £600

Thriving Under Pressure

This session has been uniquely developed for those feeling under pressure in the current climate of COVID-19, be that due to employment, being furloughed or general anxiety and stress.

Based on the concepts of positive psychology and evidence from the field of mental health, those attending will leave with a broader understanding of wellbeing and mental health and practical techniques to manage stress, anxiety, focus on wellbeing and to create happiness to flourish.

Who is this for?

Aimed at people who are employed, furloughed or feeling under pressure in these current circumstances

Takeaways

- How to manage stress
- The basics of wellbeing
- How to improve happiness
- Managing our anxious thoughts

Duration: A 2-part series – each session 45mins

How it works

Duration: 45 Mins

Capacity: Up to 50 Virtually

Workshop Leader: Mental Health First Aid England Instructor & Workplace Wellbeing Consultant

Available: Worldwide

Logistics: Delivered via Zoom

Cost: £600

Men's Mental Health

Who is this for?

A course designed specifically for Men who have experienced mental health issues or who would like to know more about men's mental health.

What I will be learning?

You will learn the following: Risk factors for men's mental health, protective factors and how to recognize and improve mental health. The statistics and data we have for men's mental health, the trends and why men struggle and why they are more likely to reach a crisis. The resource available for men to access and where to find them.

Takeaways

- Self-care strategies
- Recognition of our own mental health
- How to recognize mental health struggles in others
- How to support and help someone
- How to start the conversation
- Where to signpost for help and what support is available

How it works

Duration: 45 Mins with 15 minute Q and A

Capacity: Up to 50 Virtually

Workshop Leader: Mental Health First Aid England Instructor & Workplace Wellbeing Consultant

Available: Worldwide

Logistics: Delivered via Zoom

Cost: £600

Living with the uncertainty of Lockdown

COVID-19 has forced many of us to change how and where we work and as we near the end of 2020 we are finding ourselves continuing to work remotely. The impact of being in limbo and constantly having to manage this uncertainty is exhausting. Many of us are struggling which is having a huge impact on our mental health.

To manage the current COVID situation we need psychological flexibility tools to help us tolerate feelings of uncertainty, anxiety and even despair at the restrictions to our freedom and ways of living and working.

Takeaways

- Understand our own responses to the current COVID situation which can range from feelings of extreme anxiety to enjoyment
- Identify and strengthen our psychological flexibility skills
- Connect with colleagues over shared concerns and challenges they are experiencing

How it works:

- Duration: 60 minutes
- Capacity: Up to 100 people virtually
- Facilitator: A clinical Psychologist
- Logistics: You'll be sent an exclusive link to the workshop, which will be streamed via Zoom
- Available: Worldwide
- Cost: £1000

Nutrition & Mental Health

The food we eat as well as the nutritional supplements that we consume can play an important role in how we feel and can help in preventing and tackling mental health conditions.

Our Nutrition & mental Health workshops have been created to help improve the health and wellbeing of employees, leading to a healthier, happier and more productive workforce.

Led by an accredited nutritional therapist the various workshops will provide simple and effective tips and techniques that will help improve the health of your team and employees.

Takeaways:

- Workplace Wellness – Why It Is Important
- Enhance Your Energy – How To Eat For Better Energy & Productivity
Carbohydrates, Protein
- Fat & Fibre – The Breakdown And Portion Sizes The Do's & Don'ts Of Office Eating
- Stimulants – Alcohol And Caffeine
- Healthy Habit Take Away

How it works:

- Workshop leader: Nutritional Therapist
- Duration: 45 minutes
- Capacity: Up to 100 people virtually
- Facilitator: A clinical Psychologist
- Logistics: You'll be sent an exclusive link to the workshop, which will be streamed via Zoom
- Available: Worldwide
- Cost: £1000

Stress and anxiety workshop

Who is this for?

Negative thoughts are experienced by all of us at some time. If you are interested in this subject, suffer with these issues, or perhaps know someone who does, this webinar will give you an insight into how best to manage these situations.

What I will be learning?

We will look at the common symptoms of stress & anxiety, what they mean, why you struggle with them and some of the ways in which you can learn to control their effects

Takeaways

- Typical causes of stress and anxiety
- How to become familiar with triggers
- Understanding how to manage the feelings of stress and anxiety
- Selecting coping strategies that work

How it works

Duration: 45 Mins with 15 minute Q

and A Capacity: Up to 100 Virtually

Workshop Leader: Mental Health First Aid England Instructor & Workplace

Wellbeing Consultant

Available: Worldwide

Logistics: Delivered

virtually Cost: £600

Introduction to Mindfulness

In today's busy world many of us spend our lives distracted and pressured by future tasks or ruminating on past events, spending little time focusing on the here and now. We find ourselves consumed with thoughts about something that just happened or fretting about the future. And that can make us stressed, depressed or anxious. Mindfulness is the ability to be focused on the present moment, of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Both science and experience demonstrate its positive benefits for our health, happiness, work, and relationships.

The session is for anyone who is interested in exploring mindfulness practices to manage wellbeing.

What I will be learning?

You will learn how stress and anxiety are normal human experiences, however high or persistent levels can affect our ability to function and can have an impact on our physical and mental health. We will explore how stress and anxiety effects our mind and body and how Mindfulness can reduce this response. You will have the opportunity to practice some simple Mindfulness techniques.

Takeaways

- You will understand how stress and anxiety affect the brain.
- You will have experienced what it means to be mindful
- You will have some Mindfulness practices to use for self-care.

How it works

Duration: 45 Mins

Capacity: Up to 50 Virtually

Workshop Leader: Kerry Duffy (Mindfulness Now facilitator)

Available: Worldwide

Logistics: Delivered via Zoom – would need to have access to a quiet comfortable space.

Cost: £600

Mental wellbeing whilst working from home

Who is this for?

Are you 'WFH?' It can be difficult for employees to adapt to a new work style if they're used to a high level of interaction with their team every day. If a typical working day involves a bustling office atmosphere, calling consumers/clients or attending meetings, the new working from home policy can take its toll on employee's mental health and wellbeing as this drastic change can cause a feeling of isolation.

What I will be learning?

We will look at the common symptoms of stress & anxiety, what they mean, why you struggle with them and some of the ways in which you can learn to control their effects

Takeaways

- Typical causes of stress and anxiety
- How to become familiar with triggers
- Understanding how to manage the feelings of stress and anxiety
- Selecting coping strategies that work

How it works

Duration: 45 Mins with 15 minute Q and A Capacity: Up to 100 Virtually
Workshop Leader: Mental Health First Aid England Instructor & Workplace Wellbeing Consultant
Available: Worldwide
Logistics: Delivered virtually Cost: £600

Diversity and Inclusion in the Workplace

Most people have an understanding of diversity and inclusion at work. They know what they should or shouldn't say and most colleagues are on-board with knowing that a more diverse workforce equals higher productivity, profit and an enhanced and enriched experience at work.

What most people don't understand is how to create an inclusive workplace. What measures can we all take to make sure that people can be authentic at work and bring their whole identity into the workspace, even in a virtual world. We take a look at all the things that have been in the headlines recently; unconscious bias, micro-behaviours and intersectionality – and find out why people think the way they do, what drives our actions and behaviours and most importantly, how we can change.

Takeaways

- Understand what inclusive behaviours in the workplace looks like and the impact surrounding those
- Gain insight into some of our natural behaviours
- Look at how we can identify our own biased behaviours and change our thinking
- Shared experiences from others and hear how small changes can make huge differences

How It Works

Duration: 45 minutes

Capacity: Up to 100 people virtually

Facilitator: An experienced Diversity and Inclusion Practitioner

Logistics: Zoom workshop

Available: Worldwide

Cost: £ 600

Women's mental health

Mental disorders can affect women and men differently. One in five women (19%) experience a Common Mental Disorder (such as anxiety or depression), compared with one in eight (12%) men. There are also certain types of disorders that are unique to women.

Who's it for?

A course designed specifically for women who have experienced mental health issues or who would like to know more about women's mental health.

What will I be learning?

Statistics about women's mental health
Common reasons and triggers
Symptoms and warning signs
The resources and help that's available to women

Takeaways

- Self-care strategies
- Recognition of our own mental health
- How to recognize mental health struggles in others
- How to support and help someone
- How to start the conversation
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How it works

Duration: 45 Mins with 15 minute Q and A
Capacity: Up to 50 Virtually
Workshop Leader: Mental Health First Aid England Instructor & Workplace Wellbeing Consultant
Available: Worldwide
Logistics: Delivered via Zoom
Cost: £600