

# Wellbeing courses and services



## One Hour Lunch and Learn Workshops

Blossom at work offers eight one hour stand-alone workshops. These offer informal, bitesize training. They give your staff the opportunity to add a wellness boost to their working day.

Workshops may be attended individually or together. Half day and full day workshops are available.

The workshops aim to support participants to:

- .Understand how they react to stress and anxiety.
- .Learn how to change their automatic responses to stress and anxiety.
- .Develop behaviours to support flourishing mental health and wellbeing.
- .Develop easy to implement techniques to improve wellbeing & mental health.
- .Implement strategies for handling stress and improving wellbeing.
- .Develop resilience and coping strategies.

Each workshop is designed so

*“Every one of us will have the knowledge, tools and confidence, to understand and look after our own mental health and the mental health of those around us”<sup>1</sup>*

The workshops are interactive, fun, engaging and informative.

Each workshop provides an introduction to the subject, practical exercises and easy to learn tools and techniques for participants to use in daily life.

Workshops are supported by handouts and MP3s, giving participants the tools to practice and explore the subject at home.

## Overcoming Stress Workshop

We live in demanding and stressful times and it can be easy to become anxious, stressed and burnt out. This workshop provides practical information, tools and techniques to understand how to reduce stress and become more resilient.

The workshop aims to give participants the tools to:

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1 Stevenson-Farmer Review [Thriving at Work](#)

- .Understand the causes of stress
- .Recognise their own symptoms of stress
- .Recognise the fight or flight response
- .Promote the relaxation response
- .Recognise stressful events
- .Develop coping behaviours
- .Use evidence-based techniques for stress management eg, body scanning, breathing exercises, relaxation

## **Resilience Resources Workshop**

Resilience is the ability to bounce back from challenging situations. Resilient people are able to remain calm and focused during times of pressure, change and uncertainty. This workshop supports participants to maximise their resilience.

The workshop aims to give participants the tools to:

- .Understand resilience and why its important
- .Discover their resilience strengths
- .Appreciate the different aspects of resilience
- .Recognise their own resilience strategies
- .Develop resilience skills and techniques
- .Create a resilience plan

## **Finding Purpose Workshop**

This workshop helps staff to identify their key priorities and develop clear strategies for a rounded and fulfilling life. It supports participants to understand what motivates and drives them, what gives them a sense of purpose and how they can use this at work to improve self-belief and self-confidence.

The workshop aims to give participants the tools to:

- .Discover what purpose means to them
- .Understand why purpose is important
- .Explore purpose vs goals
- .Realise their purpose
- .Commit to their purpose in life in the face of stressful thoughts and feelings
- .Implement techniques for taking action to live a purposeful life

## **Relaxation Matters Workshop**

It is not possible to experience stress and relaxation at the same time. Proper relaxation reduces pulse rate, blood pressure and the startle reflex and relaxes breathing and reduces perspiration. Evidence indicates that progressive relaxation is effective for treating muscular tension, anxiety, depression, fatigue, insomnia, neck and back pain and high blood pressure.

The workshop aims to give participants the tools to:

- .Learn to distinguish between tense and relaxed muscles
- .Progressively relax all the muscles in the body
- .Learn how to stay relaxed in stressful situations

## **Demystifying Mindfulness Workshop**

Mindfulness skills can work as a remedy for our fast-paced lives. This workshop teaches how to stay balanced in a world that is forever on the go. Mindfulness skills help develop resilience by providing an alternative to automatic responses in stressful situations. In this workshop participants will learn how to become aware of the present moment rather than functioning on autopilot.

The workshop aims to give participants the tools to:

- .Develop self-awareness
- .Understand thoughts and how to step back from them
- .Accept thoughts and the present experience
- .Practical mindfulness techniques that can be used throughout the day

## **Sleep Strategies Workshop**

Sleep is important for the brain to function well, for mental wellbeing and general health. This workshop helps participants to identify habits and behaviour which may be affecting their sleeping pattern and explores some evidence-based solutions to help them relax and get a better night's sleep.

The workshop aims to give participants the tools to:

- .Understand sleep
- .Recognise insomnia related behaviour
- .Improve sleep hygiene
- .Become aware of selective attention to tiredness and sleep
- .Develop relaxation techniques and skills for sleep

## **Confident Communication Workshop**

Communication is an important life skill. This workshop explains the different types of communication. The importance of listening and how to respond in a way that makes your message more likely to be heard.

The workshop aims to give participants the tools to:

- .Improve listening skills
- .Understand communication styles
- .Recognise barriers to communication
- .Develop techniques to take the emotion out of communication
- .Cultivate assertiveness skills

## **Supporting the Supporters Workshop**

People in caring and support roles may neglect their own needs in an effort to help others. They can end up stressed and anxious and may even burn out. This workshop equips participants with the skills to fulfil their role whilst also looking after their own health and emotions so they have the focus and energy they need.

The workshop aims to give participants the tools to:

- .Maintain clear boundaries
- .Establish a healthy work-life balance
- .Manage emotions
- .Sustain good health
- .Cope with difficult situations

## Half or Full Day Employee Wellbeing Programme

These provide a fuller understanding of the issues and techniques. During the half day or full day employee wellbeing programme, there is opportunity to go into the issues in more depth. The programme still focuses on learning by doing.

This programme is ideal for spending focused time on personal development for improving performance and relationships at work.

The workshops raise awareness and give staff the opportunity to experience, learn and share practical tools they can implement straight away.

The Employee Wellbeing programme is suitable for up to 15 people. Participants will gain

- .Practical techniques they can implement in daily life to improve their health, wellbeing and performance at work
- .Develop behaviours to support flourishing mental health and wellbeing
- .Develop resilience and coping strategies
- .Strengthen communication and co-operation
- .Increased awareness and understanding of their own behaviour and how it affects their performance at work
- .A toolkit of techniques they can use to improve performance
- .Promote inclusion and positive work relationships

Each workshop is designed so

*“Every one of us will have the knowledge, tools and confidence, to understand and look after our own mental health and the mental health of those around us”<sup>2</sup>*

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Workshop details can be found above.

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2 Stevenson-Farmer Review [Thriving at Work](#)

## Employee One to Ones

These sessions provide an individually designed approach to improving employee health and wellbeing.

Employees are given up to an hour of focused support in a confidential environment.

These sessions give employees the opportunity to discuss any issues they have at work or at home in a confidential, non-judgemental fashion.

They will be supported with tools and techniques to help them with a plan of how they can incorporate them into their daily life.

The personal nature of the service helps improve motivation and feelings of value by staff.

These sessions give staff the opportunity to develop a complete wellness plan.

Employees have the opportunity to work in a supportive way on areas of working life they may be finding challenging such as:

- stress
- anxiety
- coping under pressure
- keeping healthy
- depressive feelings
- sleep
- maintaining a healthy work-life balance
- working relationships
- accepting feedback
- communication
- relaxation
- purpose

Participants will be provided with information and MP3s to help them to work on and consolidate their skills beyond the sessions.

## Fees

Lunch and Learn Session	£295 per workshop
Half day Employee Wellbeing Session	£500 per half day
Full day Employee Wellbeing Session	£750 per day
Employee One to One Sessions	Fees as above

Reductions are available for block bookings. Please contact me for details.

