

Mental Health Awareness and Support

Mental health first aid training	Recognise warning signs of mental ill health, and develop the skills and confidence to approach and support someone who may be experiencing a mental health issue - MHFA England accredited
Mental health awareness for employees	Opening the conversation on mental health at work. Recognise signs of stress and other mental health issues, coping strategies and supporting colleagues
Mental health awareness for line managers	Focussing on the importance of mental health awareness in the workplace with emphasis on recognising and dealing with mental health issues in team members
Thrive mental wellbeing support app	NHS approved, evidence-based smartphone app that provides in-depth tools and support for anyone to improve their mental wellbeing
Coaching and counselling	Online coaching or one to one counselling via our Thrive app

Stress management

Stress management workshops	Gain a clear understanding of how to recognize stress, its common triggers and effects and simple tools to make stressful situations manageable, bringing calm into your everyday life
Introduction to mindfulness	Discover the most important concepts underpinning the mindfulness philosophy and how they can relate to the workplace. Learn simple exercises and routines to help transform your life
Guided meditation sessions	A group programme with guided meditation techniques that bring about a sense of focus and clarity

Resilience and Personal Development

Building better relationships & stronger teams	Different personalities and opinions in your team will always bring challenges. Learn how to recognise and negotiate these difference and bring about team cooperation with the best possible outcome
The values of connecting	How effective communication can improve your working relationships. Building trust, listening skills, deepening your connection to improve communication.
Mindful communication and conflict resolution	Recognizing emotions and the influence they have on judgement or decisions. Learning to channel these emotions for effective communication both personally and professionally.
Happiness and performance	This series of impactful workshops have a powerful influence on how employees view and approach their work and lives. Positive psychology approaches bring out the best in people encourage them to be happy and fulfilled. Some of the topics we cover include 1. Strength based approaches for optimum performance, 2. Personal achievement model - inspiring successful people, 3. Purpose, value and recognition in your team.

Health Checks

On site health checks	Know Your Numbers health checks are a powerful way to raise awareness and help to identify health risk factors for your employees. We test various markers such as blood sugar, blood pressure and cholesterol and the results can really encourage employees to make lifestyle changes to improve their health. The results are immediate and our specialist will give advice and recommendations to individuals as well as signposting if further assistance is required.
Home health screening kits	As an alternative to onsite health checks we can arrange home testing kits

Treatments

Seated massage	Rejuvenating treatments ideal for the workplace. Using a specially designed chair or at desk, a combination of massage and acupressure techniques are used on the upper body. You don't need to undress and we don't use any oils so you can go straight back to work feeling refreshed and revitalised
Other treatments	Reflexology, sports/remedial massage, reiki, manicures

Nutrition and Healthy Eating

Nutrition workshops	<p>From the basics of nutrition to specific subjects here are a selection of topics we cover:</p> <ul style="list-style-type: none">• Nutrition and healthy eating for wellbeing• Nutrition for stress management• Women's health, hormones and happiness• Mens nutritional health and wellbeing• Nutritional wellbeing for call centre and shift workers• Nutrition and healthy ageing in the workplace• The importance of hydration
Tasting tables and live demos	<p>Ideal for wellbeing days or campaigns, these visual and interactive displays encourage healthy alternatives whilst our specialists are on hand to give nutritional advice. Live demos show how easy it is to create healthy soups, smoothies, snacks and salads packed full of goodness</p>
Smoothie bikes	<p>A popular addition to any wellbeing day, make your own smoothie whilst pedalling your way to fitness</p>
Drop in nutrition advice sessions	<p>Great for specific one to one advice, our drop in sessions give individuals the chance to talk through their nutritional questions and concerns with a trained nutritionist</p>
On site provision	<p>Healthy snack delivery, vending machine and fruit baskets are a great way of encouraging a healthier lifestyle</p>

Yoga, Pilates and Fitness

Posture workshops	<p>Posture workshops focus on posture analysis and correction. Specific stretching and strengthening exercises are taught to re-educate the body's postural muscles helping to combat muscular tension and pain, RSI, headaches and fatigue</p>
Desk yoga	<p>In our desk yoga sessions we teach yoga stretches and core strengthening techniques that can be done whilst sitting at your desk. Doing daily stretches, aligned with deep breathing, will ease tension, fatigue and stress</p>
Yoga or pilates	<p>Our Yoga and Pilates classes at work are a great way to promote wellbeing in the workplace. They encourage movement and exercise, helping to improve posture and decrease stress.</p>
Fitness training	<p>From Zumba to HIIT sessions or even walks in the park, our team of on site fitness instructors are ready to energise and motivate your workplace. Aimed at all levels and abilities, fitness classes are great for encouraging physical activity at work</p>

Team Building and General Wellbeing

Laughter yoga	<p>A Laughter Session encourages live face to face interaction which helps improve communication, build trust and promote a bond between colleagues. These feel good sessions relieve tension, increase energy levels and promote wellbeing</p>
Singing workshops	<p>Regular weekly choir practice or one off workshops. Reduce stress and promote effective collaboration through the power of music</p>
Personal safety	<p>Learn how to stay safe with personal safety training at work. Our qualified and experienced personal safety instructor will demonstrate ways to minimise the likelihood of becoming a victim of assault and prevent threatening situations from arising</p>
Creative classes	<p>Studies have shown that being creative is good for mental wellbeing. Gentle, mindful activities can be great for stress relief and group sessions add a social support element. Drawing, colouring and art classes, flower arranging, crafting and essential oil workshops are just some of the creative classes on offer</p>
Sleep wellbeing	<p>Getting enough sleep is essential for good health and wellbeing but is becoming increasingly difficult to achieve. Our sleep workshops, online resources and one to one sessions provide excellent support and advice helping everyone achieve a good nights sleep</p>
Digital wellbeing	<p>Advances in technology have brought many positives to our lives such as instant access to information and connectivity to our friends, families, and work colleagues. But finding the balance can be challenging. With many people reporting how technology is negatively affecting their wellbeing, our digital wellbeing workshops offer excellent advice and tips to help you prevent overwhelm and give you back control</p>
Ergonomic desk assessment	<p>Reduce the risk of musculoskeletal injury by ensuring workstations are set up optimally. Choose from a simple risk assessment to ensure compliance with computer h&s regulations to a full clinical workstation assessment suitable for those with specific musculoskeletal issues</p>
Social workplace challenges, teams & clubs	<p>From step challenges to book clubs, encouraging social interaction is great for individual wellbeing and for teambuilding</p>