

Mental health and wellbeing training solutions

**Practical tools to inform, educate and empower
your workforce to look after their wellbeing**



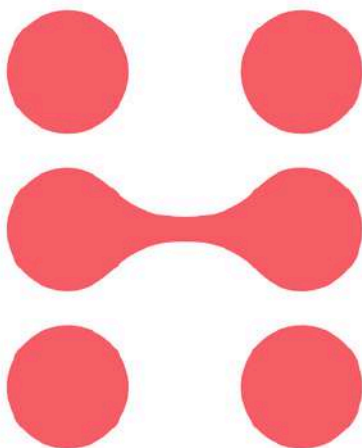
About HealthHero

Mental health and wellbeing training is part of HealthHero, Europe's leading digital-first healthcare company, with the aim of helping businesses better meet the health and wellbeing expectations of their key people segments - from employees to policy holders.

We have been delivering training in person and online over many years to different audiences including global airlines, manufacturers, major retailers, renewable energy providers, care homes, universities and other commercial organisations.

We have a flexible, person-centred approach to our training delivery, adapting our content to suit individual customers' needs.

We are passionate about what we do in developing people's confidence in looking after their own mental health and wellbeing, and also in holding supportive conversations with colleagues.



The HealthHero Difference

Trusted provider

- ✓ Formerly known as Validium, we have over 25 years' experience delivering mental health support, including EAP, CBT, counselling and psychological services across a broad range of sectors. With a national network of mental health specialists across UK & Ireland, we have the capability and expertise to provide healthcare at scale.

Gold-standard care

- ✓ We're a registered EAP provider with a robust quality and governance framework. Our clinicians are registered members of BACP, BPS, UKCP, HCPC and COSCA and meet standards over and above industry expectations.

True flexibility

- ✓ Patients enjoy a better standard of healthcare that can be accessed when and where they need it. Organisations enjoy customisable services delivered through our web app or through API integration.

Our training solutions

Practical tools to inform, educate and empower your workforce in looking after their wellbeing

How are courses delivered?

We deliver courses online, in person and in a mix of both.

What platform do you use?

We find Zoom works best for training delivery allowing a safe space for attendees to contribute freely and also allows a more flexible experience for interactive group practice and learning with real time feedback.

How many people can attend?

In-person and online workshops are up to a maximum of 14 with a minimum of 8 attendees.

For larger audiences, webinars and seminars are delivered in an interactive lecture-style format with polls and Q&A. Maximum 500 attendees.

What about attendance?

We encourage attendees to be fully present to gain maximum knowledge and skills e.g our wellbeing supporter training workshops build on each of the 4 hours x 4 days and as such full attendance in all sessions is required.

Can I record sessions?

Webinars may be recorded. Due to the interactive and experiential nature of workshops, recording is not permitted

Is there pre-training reading or pre-training slides for workshops?

Where appropriate, our training courses provide all necessary pre-start information allowing attendees to make the most of the learning experience.

Do you deliver other courses?

We deliver bespoke courses for our EAP customers. Get in touch to find out more.

Who delivers your courses?

Our trainers are counsellors and coaches with many years' mental health training experience. They have also worked in multiple business sectors with varied audiences and bring much valuable life experience into their engagement and delivery.

CPD accredited courses

Certificates of attendance are available for CPD accredited courses. These can be individually stored in myCPD Portal and provide a valuable resource to keep track of learning and development within the work environment.



Training courses at a glance

	Webinar (online or in person)	Workshop	Programme
<u>Management support</u>			
Managing mental health well	✓	✓	
Supporting colleagues with winter wellbeing	✓		
Holding sensitive conversations for managers	✓		
<u>Mental and behavioural health</u>			
Mental health awareness	✓		
Improving our sleep	✓		
Menopause awareness	✓		
Understanding anxiety	✓		
Understanding grief, loss and bereavement	✓		
<u>Family and relationships</u>			
Children's mental health	✓		
Looking after our social wellbeing	✓		
Coping with loneliness and loss	✓		
Self-care in our relationships	✓		
Supporting colleagues in the workplace	✓		
<u>Resilience</u>			
Managing change	✓		
A practical toolkit to help your wellbeing and resilience	✓		
Burnout: What it is and what we can do about it	✓		
Stress awareness	✓		
<u>Personal development</u>			
Improving our relationship with money	✓		
Life by design	✓		
Sharpen your mind	✓		
<u>Wellbeing</u>			
Wellbeing supporter / Champion programme			✓
Nutrients vs calories	✓		
Maintaining energy and managing cravings	✓		
Digital wellbeing	✓		
Thriving in a hybrid environment	✓		
Habits and the future you	✓		
Workstation posture and pain	✓		
Functional breathing and mindfulness	✓		

Management support courses

Managing mental health well

Supporting colleagues with winter wellbeing

Holding sensitive conversations for managers



Managing mental health well

60
minutes

Online/In person webinar

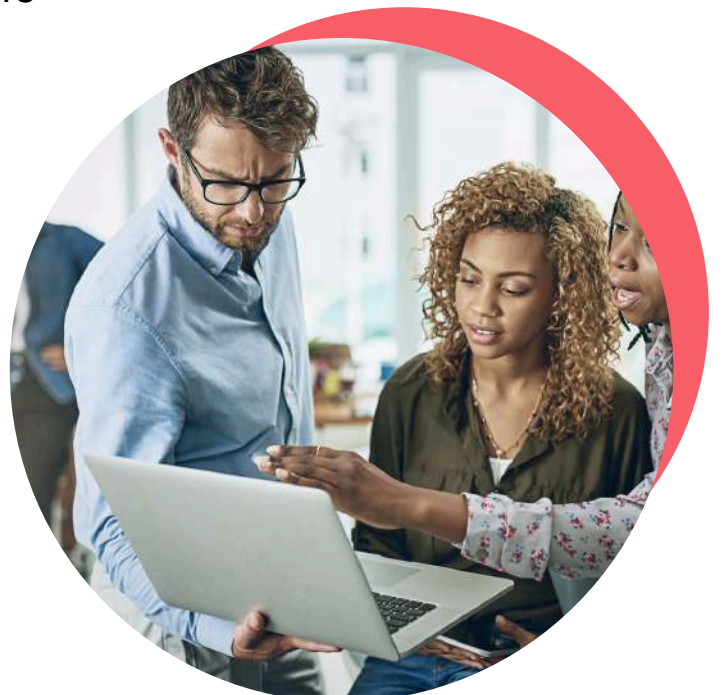
3.5
hours

Online/In person workshop

This course is designed to promote a mentally healthy working environment and enable managers to develop strategies in managing mental health issues in the workplace, whilst building confidence to hold supportive conversations through a 5-step framework.

Attendees will gain a deep understanding of effectively supporting colleagues dealing with mental health challenges, be able to recognise early warning signs, maintain boundaries and feel confident in holding supportive conversations.

Webinars provide awareness of managing mental health for managers and workshops develop tools and practice in holding supportive conversations.



Supporting colleagues with winter wellbeing

60
minutes

Online/In person webinar

Wellbeing in the workplace is a key aspect of company culture all year-round. During the winter months however, it's particularly important for managers to support employee wellbeing where you can.

This webinar will provide an understanding of what affects winter wellbeing, develop knowledge of mental health conditions that may be more prevalent in winter, such as Seasonal Affective Disorder (SAD) and reflect on own self-care.

It will also provide understanding and confidence to hold supportive conversations with colleagues that may include general wellbeing, mental health and winter specific related conditions.



Holding sensitive conversations for managers

60
minutes

Online/In person webinar

Managers, team leaders, supervisors and other stakeholders that have some level of responsibility for colleagues in their organisation, can often feel uncomfortable around having sensitive conversations with their staff.

Feelings of weighty expectations, unpreparedness, inadequacy and importantly, that their own self-care is not a priority, can leave them with feelings of anxiety and potential overwhelm.

Sensitive conversations for whatever reason are a necessary part of management and can often focus around change which most of us find difficult.

In this webinar attendees will gain an understanding of how to hold sensitive conversations, maintain boundaries and feel confident in holding supportive conversations, reducing the emotional load for managers.



Mental and behavioural health courses

Mental health awareness

Improving our sleep

Menopause awareness

Understanding anxiety

Understanding grief, loss and bereavement



Mental health awareness

60
minutes

Online/In person webinar

With 1 in 4 of us likely to experience a mental health problem of some kind in any year, an awareness of factors that affect our mental health and wellbeing is crucial to stay well.

Mental health is not just about the absence of a mental disorder it's also about our individual wellbeing. Increasing our mental health awareness helps to normalise stress, depression and anxiety that we and our colleagues may experience. This can help us feel understood, reduce stigma and provide an awareness that we are not alone.

This webinar will provide an awareness of common mental health conditions and provide an insight into how to look after your own mental health and wellbeing by connecting with others, becoming physically active, learning new skills, giving to others and paying attention to the present moment.



Improving our sleep

60
minutes

Online/In person webinar

Sometimes, the pace of modern life barely gives us time to stop and rest. We prioritise other things over sleep, often take it for granted and not pausing to consider how sleep is how our brain works to rest and repair.

During sleep, our brain undertakes essential functions such as consolidating memories, processing information and replenishing its energy stores. Poor sleep can worsen mental health issues, while mental health disorders can disrupt sleep patterns.

This webinar will provide insight into the signs, symptoms and causes of poor sleep and also some of the myths about sleep.

We will look at how the way we talk to ourselves about sleep may make our sleep cycle worse and how we can break the vicious cycle of negative thoughts, feelings and behaviours around sleep that can exacerbate sleep problems.



Menopause awareness

60
minutes

Online/In person webinar

Women report that mental health wasn't something they had thought about with menopause. They knew there could be mood changes but never thought the impact could be so profound or indeed feel so isolating in the lead up to and during the menopause.

This webinar is for anyone who wants to learn more about how menopausal symptoms can affect women's mental health.

The webinar will look at some of the psychological signs and symptoms of menopause, provide tools to cope during this natural stage in women's lives and also highlight how to support family, friends and colleagues.



Understanding anxiety

60
minutes

Online/In person webinar

Anxiety is a normal, if unpleasant, part of life, and can affect us all in different ways and at different times. Understanding how anxiety can affect both our physical and mental health can help us to cope.

Anxiety is the feeling of physical and emotional unease we experience when anticipating a threat. We have relied on anxiety to keep us safe from threat for millenia. It's about adaptation to a threat (real or perceived) perhaps worrying about our finances, about starting a new job, or even becoming a parent for the first time.

Anxiety inevitably affects all of us at some point in our lives.

In this webinar we will look at signs and symptoms of anxiety and how we can manage anxious feelings in both our personal and work lives.



Understanding grief, loss and bereavement

60
minutes

Online/In person webinar

We can all recognise tangible losses - we can see them and society recognises them. Losses such as death of a loved one/colleague, retirement, leaving a job, loss of health, loss of financial stability. However, we can also experience losses that aren't typically considered loss but leave us feeling just as heartbroken.

Intangible losses such as loss of hope, loss of purpose, loss of innocence, loss of security, loss of love. Everyone is individual, there is no right way to deal with the death of a person or a loss.

In this webinar we will explore what grief, bereavement and loss actually is, what the grief process looks like and finally some tips on coping with grief and how to help others with their grief.



Family and relationship courses

Children's mental health

Looking after our social wellbeing

Coping with loneliness and loss

Self care in our relationships

Supporting colleagues in the workplace



Children's mental health

60
minutes

Online/In person webinar

Mental health is as important to a child's safety and wellbeing as their physical health. It can impact on all aspects of their life, including their educational attainment, relationships and physical wellbeing. Mental health can also change over time, to varying degrees of seriousness, and for different reasons. By the age of thirteen, 1 in 3 children will have experienced a mental health difficulty. By the age of twenty-four, this will have risen to 1 in 2. How can we as parents help?

Children are developing the minds and bodies they will carry into adulthood and early intervention to help them cope with mental health strain is our best way to ensure their health and happiness.

This webinar will provide insight into children's common mental health conditions, such as anxiety, depression, eating and obsessive compulsive disorders and some helpful tips for parents and carers.



Looking after our social wellbeing

60
minutes

Online/In person webinar

Relationships are a very important part of our lives whether it's with a partner, friends, family, work colleagues or even the relationship with yourself.

Social connections are an essential aspect of human life and research has revealed a strong link between social connection and longevity, however the impact goes beyond physical health, as social connection also significantly influences our psychological well-being.

How you take care of yourself and how you feel within yourself will influence your confidence, your self-esteem and help you build your resilience to cope with whatever life brings.

This webinar will highlight small steps that can improve relationships, making a difference to our mental well-being and improve the way we feel not just about ourselves but also about the people in our life.



Coping with loneliness and loss

60
minutes

Online/In person webinar

Loneliness is actually a state of mind causing people to feel empty, alone, and unwanted. People who are lonely often crave human contact, but their state of mind makes it more difficult to form connections with others.

Research on loneliness finds that loneliness either caused or exacerbated serious symptoms such as mental illness, anxiety, negative emotion, low energy, stress and self-isolation and is linked to an increase in the risk of death, with the World Health Organisation declaring loneliness as a global public health concern with mortality effects of loneliness equivalent to smoking 15 cigarettes a day.

In this webinar we will look at what loneliness is, loneliness statistics, causes, triggers and what makes us vulnerable to loneliness. Also identifying the surprising myriads of feelings around loss and importantly some tips to ease loneliness itself.



Self-care in our relationships

60
minutes

Online/In person webinar

Relationships are a very important part of our lives, whether with a partner, friends, family, work colleagues or even your relationship with yourself. How you take care of yourself and how you feel within yourself can influence your confidence, your self-esteem and help you build your resilience to cope with whatever life brings.

Taking small steps to improve your relationships can make a big difference to your mental wellbeing and improve the way you feel, not just about yourself but also about the people in your life.

In this webinar we will explore what self-care is, why it's important for our physical and mental health and how we can drift away from self-care.

We will also consider our relationship with ourselves and our relationships more broadly with family, friends and colleagues and, finally, highlight some tips to help us develop our self-care.



Supporting colleagues in the workplace

60
minutes

Online/In person webinar

We spend much of our time at work and no matter how hard we try, personal problems can sometimes spill over into our work lives, affecting our wellbeing, how we are and what we do in the workplace.

Whether it's anxiety about financial matters, relationship problems, work concerns, physical illness, grief or any other worries, when people struggle to cope, this can impact their work and/or workplace relationships.

Co-workers are often the first to spot changes that might indicate a colleague is struggling with a personal difficulty and can lend support without fixing the problem.

This webinar will provide some simple tools to enable you to have safe, supportive conversations in the workplace to support colleagues.



Resilience courses

Managing change

A practical toolkit to help your wellbeing and resilience

Burnout: What it is and what we can do about it

Stress awareness



Managing change

60
minutes

Online/In person webinar

Everyone's life is a life of change. We experience transitions in work and relationships, changes in our physical and mental health, our local communities and our world. Sometimes we know a change will occur, while other times it comes suddenly and unexpectedly. Maybe it's a disappointment, or maybe it's a pleasant surprise.

Change is inevitable and brings many pros and cons providing challenges and opportunities. People can spend a great deal of time and energy trying to avoid change, but it will inevitably catch up.

If we can learn to cope with change, we will lower our risk for anxiety and depression, our relationships will flourish, and our bodies will feel healthier.

In this webinar we will consider how change happens to everyone, how it can feel uncomfortable and why we can fear change. Also, look at what if change was an opportunity and lastly, some tips to cope.



A practical toolkit to help your wellbeing and resilience

60
minutes



Online/In person webinar

1 hour CPD

Understanding about mental health and wellbeing can help you recognise and address mental health issues and reduce the stigma associated with them. An awareness of what is going on for you is the first step in recognising how stress and life events may be affecting you.

Everyone goes through periods of hardship and stress in their lives and it's vitally important to have tools on standby to use when times get tough. Having an ACTION plan provides you with coping skills that you can turn to as soon as you start to feel anxious or distressed.

This webinar will explore how stressful and challenging events can impact our mental health and wellbeing and outline an ACTION plan to support wellbeing using six key strategies whilst also highlighting the importance of seeking help and support.



Burnout: What it is and what we can do about it

60
minutes

Online/In person webinar

All of us have certain resources, and all of us have certain demands on our time. Burnout occurs when the demands of a specific situation are too high for too long — our environment or situation is overpowering us and any resources that we may have.

In the short-term we maybe able to increase our resources to help to cope with the environment we find ourselves in - however, this will not be sustainable in the long run. Many of us can push our way through a particularly busy period at work where we have demands on our time or even tough deadlines because we know there is a slower-paced schedule or a break around the corner.

When there is no end in sight however, no sign of situational changes, our resources will eventually become depleted by those ongoing demands.

In this webinar we will explore burnout symptoms, the 12 stages of burnout, how to address burnout and how to strengthen the work/private life barrier.



Stress awareness

60
minutes

Online/In person webinar

We can feel stress when we experience difficult situations that result in a state of worry or mental tension. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree - it's a normal part of life and isn't all 'bad', in fact small doses of stress can help us stay motivated, meet deadlines, be prepared and productive.

When we feel stressed however, our brain senses a threat and it turns off the upper levels in our mind (our thinking and reasoning part) and defaults to the lower levels or to the survival part (our ancient brain - the part of the brain that keeps us alive) and we can REACT without thinking.

and our bodies get ready to 'fight, flight or freeze'.

This webinar will delve into what stress is, how we can spot the signs and symptoms of stress in ourselves and colleagues, and provide tips to help us reduce our stress load.

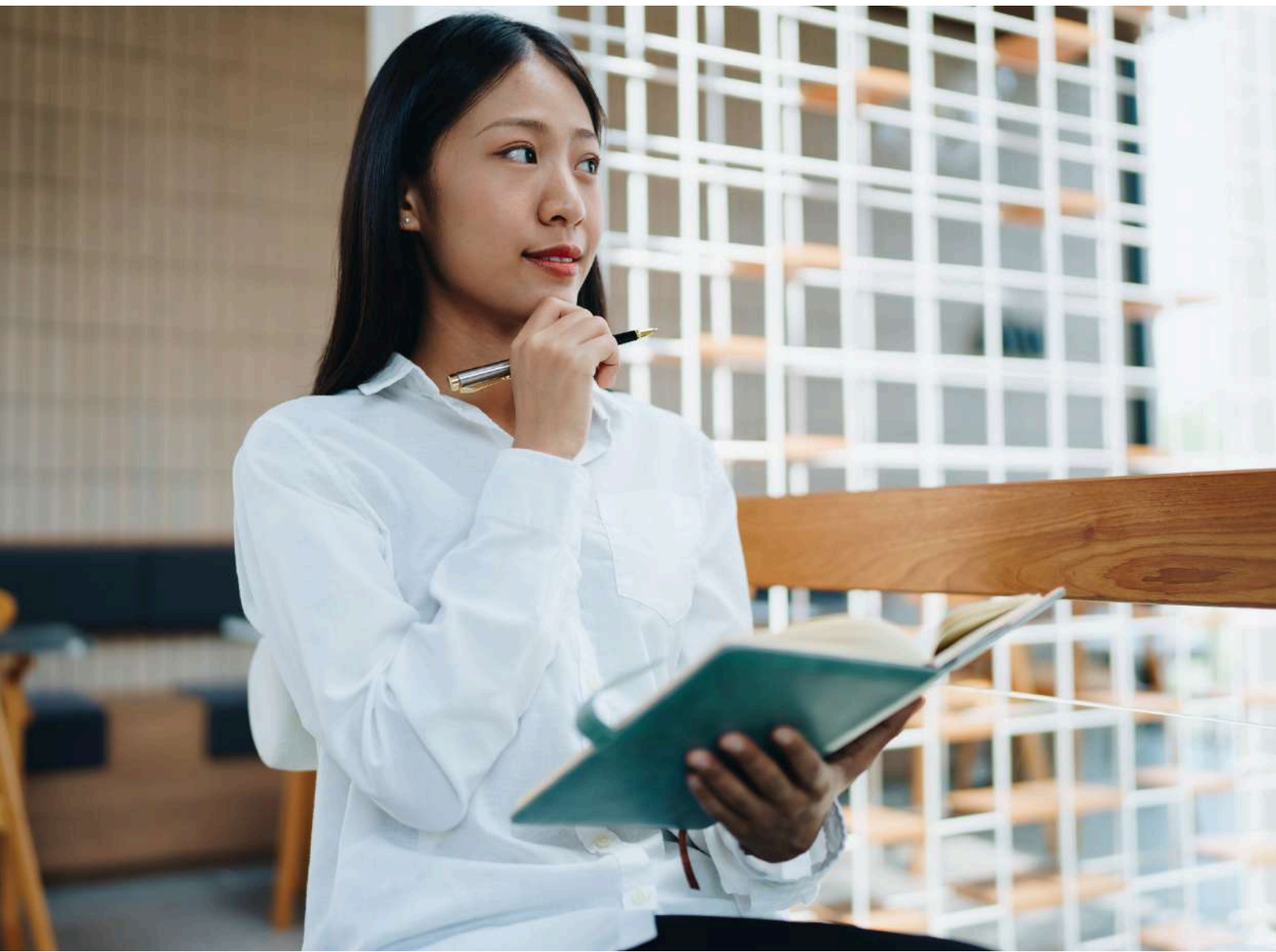


Personal development courses

Improving our relationship with money

Life by design

Sharpen your mind



Improving our relationship with money

60
minutes

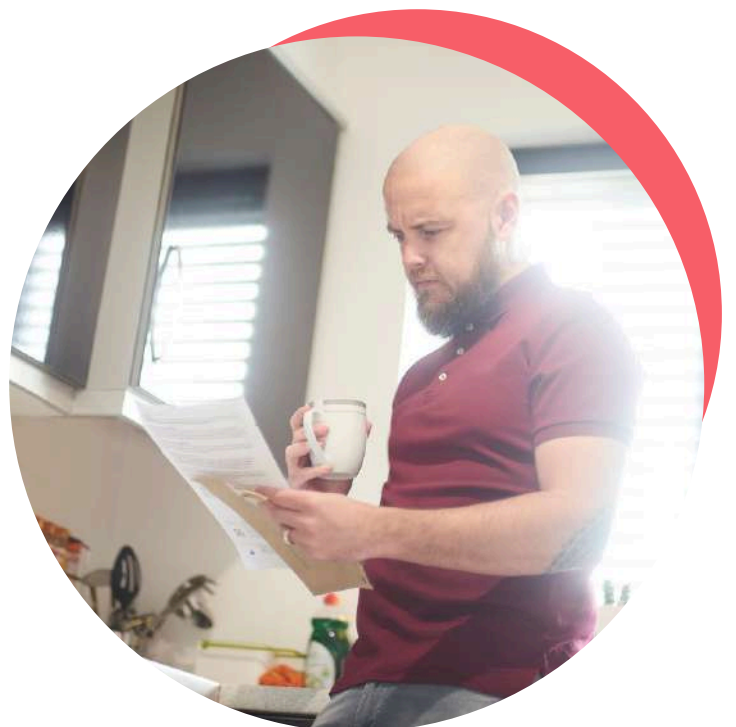
Online/In person webinar

We can all get caught up in a feeling of helplessness around money that can affect our sense of control over our own circumstances. It is important, however, to recognise what is **WITHIN OUR CONTROL** and what is not, which will allow us to reframe our thinking and restore a sense of balance.

We need to understand what is going on for us in our relationship with money. How we view ourselves, how we feel about our past mistakes and about keeping those mistakes in context of what was happening for us at the time, whilst ensuring we do our best to aim not to repeat those mistakes in the future.

It can be hard to manage the overwhelm, denial and also maintain a focus on today with regard to our financial wellbeing.

This webinar will help us to understand financial wellbeing, some tips to reduce emotional spending and become more comfortable talking about money.



Life by design

60
minutes

Online/In person webinar

Living a life by design means intentionally creating the life you want to live, rather than simply going through the motions or following societal norms.

Start living the life you desire and experience first-hand how to set realistic goals, cultivate the motivation you need to achieve them and harness the transformational power of action-traction.

In this webinar we will discover the secret to the growth mindset, how to set intrinsically motivated outcome goals, ditch the 'band-wagon' mentality for good and make your team mantra 'progress not perfection'.

Also discover the difference between default living and living a life by design. Become aware of common mistakes and how to change your environmental and internal pressures to help you and your team achieve anything.



Sharpen your mind

60
minutes

Online/In person webinar

Distractions don't just impact our ability to get work done; they also have a negative effect on our overall wellbeing. They can increase stress levels, decrease job satisfaction, and hinder our professional growth.

Sharpening your mind is about transitioning from procrastination to prolonged focus.

Rapid technological advances mean we are now dealing with a higher volume of daily information intake than ever before. Our minds are overloaded and for many this leads to distractedness and overwhelm.

In this webinar we will discover what causes distractedness, learn tools to overcome feelings of overwhelm and overload and master techniques for instant focus and concentration.



Wellbeing courses

Wellbeing supporter / Champion programme

Nutrients vs calories

Maintaining energy and managing cravings

Digital wellbeing

Thriving in a hybrid environment

Habits and the future you

Workstation posture and pain

Functional breathing and mindfulness



Wellbeing supporter / Champion programme

16
hours
(over 4
days)

Online/In person workshops

The Wellbeing Champion programme is a skills based peer support training programme designed to empower colleagues with the **confidence** to hold safe supportive conversations with their peers, providing signposting and emotional and practical support.

It benefits the **Organisation** by increasing employee resilience and improves the working environment, which can help to reduce sickness absence.

It can also normalise mental health conversations and thus reduce help seeking stigma.

Can support hybrid working.

It benefits the **Colleague** by providing a non-judgmental confidential space for employees to be listened to, by someone they can relate with, not only for mental health issues but for everyday stressors.

Provides early intervention so September's stressor does not become December's mental health problem.

It benefits the **Wellbeing Champion**, a connector and relationship builder, as "giving to others" is one of the NHS' 5 ways to mental wellbeing, thus looking after their own wellbeing whilst helping others.

Wellbeing Champions are well respected, trusted and highly valued by colleagues.

The programme builds the **confidence** for Wellbeing Champions to listen to colleagues, build connections where colleagues can talk in a safe space about any stressor, increases understanding of, and conversations about, common mental health problems in the context of the workplace, decreases stigma surrounding mental health and encourages help-seeking behaviours in the workplace.

Nutrients vs calories

60
minutes

Online/In person webinar

Nutrition is not just about counting calories or restricting certain food groups. It encompasses the essential nutrients that our bodies need to function at their best.

Debunking several myths surrounding nutrition, whilst simplifying what nutrition actually means will provide your team with the practical tools to tailor their individual diets.

The webinar is practical and engaging demonstrating how to build a personalised nutrition plan whilst also resolving several myths surrounding nutrition.



Maintaining energy and managing cravings

60
minutes

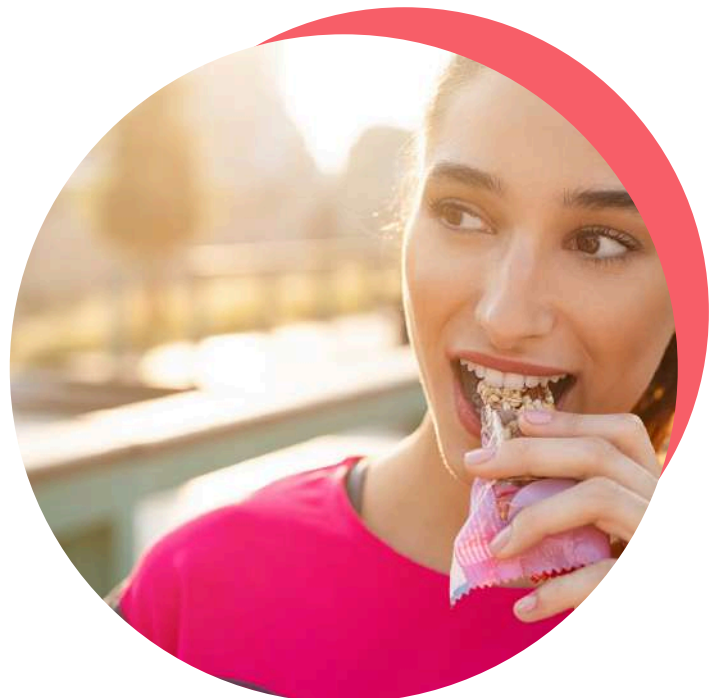
Online/In person webinar

Are your team struggling with low energy, the 3pm slumps, food cravings or h-anger?

Incorporating a variety of nutrient-rich foods into our daily meals supports our immune systems and enhances our energy levels in empowering individuals to take control of their health through proper nutrition.

This workshop will explain how different types of hunger affect our cravings and how to eat for sustainable energy.

The webinar will provide an understanding of what the four types of hunger are, how to increase energy and avoid the post-lunch slump and how to eliminate h-anger for good and manage blood sugar.



Digital wellbeing

60
minutes

Online/In person webinar

The digital world can be overwhelming and addictive.

In this webinar find out how to maintain a healthy and balanced relationship with technology to support your employees optimal wellbeing and productivity.

Plus, a practical spotlight on how to manage digital distractions and interruptions, create a culture of work-life agility and earn digital wellbeing hacks.



Thriving in a hybrid environment

60
minutes

Online/In person webinar

As more organisations adopt hybrid work models, it is important for employees to develop strategies and habits that enable them to be productive, engaged, and connected, regardless of their physical location.

This practical webinar will provide an understanding of the importance of prioritising mental and physical wellbeing in a hybrid working environment, learn how to stay connected and build relationships and discover how to leverage technology effectively.



Habits and the future you

60
minutes

Online/In person webinar

Habits are routines or behaviours that we do repeatedly and unconsciously. They can be either good or bad, and they strongly affect our personal and professional lives. Good habits can lead to success and happiness, while bad habits can cause burnout and stress.

Habits influence our future but many don't realise how our environment can influence our habits and by cultivating positive habits today, we can shape our future selves and create the life we want to live.

This practical webinar will provide clarity on the elements hijacking habit success and reverse engineer your environments to achieve the habits your future you craves.

Plus bonus practical tools to experiment with.



Workstation posture and pain

60
minutes

Online/In person webinar

A proper workstation set-up and learning the right techniques to take care of our bodies can go a long way in improving our overall wellbeing and productivity.

This webinar focuses on and teaches how to reverse and prevent workstation musculoskeletal injuries, to help you to work comfortably and pain free and be able to identify the 3 common postural distortion patterns associated with sitting.

The webinar will demonstrate how to create your ideal workstation by understanding ergonomics and proper set-up and how corrective stretches and movements to help combat postural compensations.



Functional breathing and mindfulness

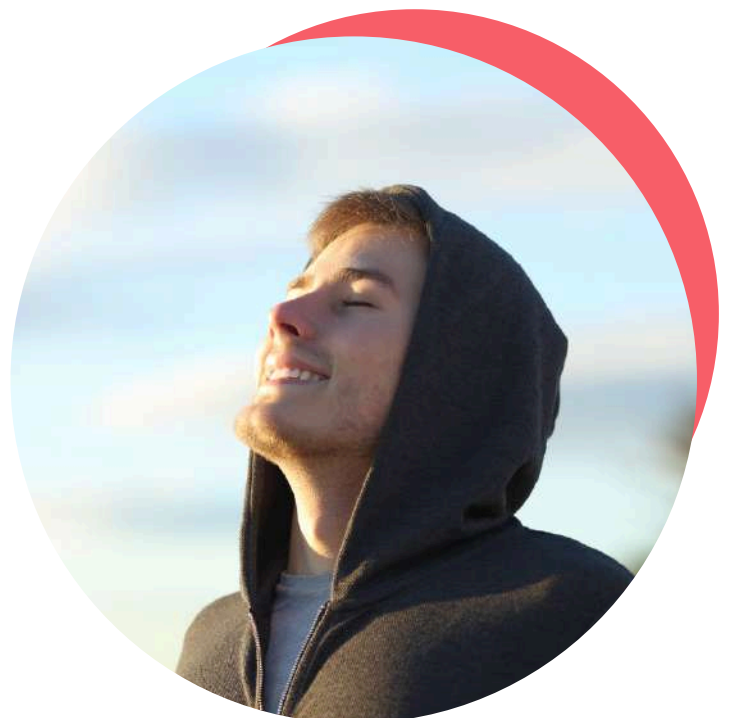
60
minutes

Online/In person webinar

Demands in our work, family and social lives can sometimes lead to high stress levels, overwhelm and an inability to focus and perform to the best of our abilities.

This webinar will develop your team's understanding of why breathing and mindfulness is important to our bodies as well as our minds.

Learn practical tools to stay calm, present and in the zone, understand the body and mind connection, appreciate functional breathing and learn simple but effective breathing exercises.





Contact us:

For enquiries or to discuss our flexible training solutions please contact our training design specialists

training@healthhero.com

Cancellation policy:

No charge for cancellations with 10 days' notice

50% charge for cancellation with 5-10 days' notice

100% charge for cancellations with less than 5 days' notice