



# WELLBEING IN YOUR WORKPLACE

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# YOUR PEOPLE YOUR SUCCESS

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[www.mind-it.co.uk](http://www.mind-it.co.uk)

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A woman with long blonde hair in a ponytail, wearing a blue t-shirt and colorful patterned shorts, is running away from the camera on a wooden bridge deck. In the background, a large stone suspension bridge with an American flag on top is visible against a hazy sky. The bridge has a metal railing with a diamond pattern.

"Mind It Ltd makes your corporate wellbeing easy. We help you to design a bespoke wellbeing program AND to implement it via a strong network of wellbeing experts."

**Lucile Allen-Paisant,  
Director of Mind It**





# WE SAVE YOU TIME, ENERGY AND MONEY

We make corporate wellbeing easy!

Mind It Ltd is here to design tailor-made Wellbeing Programs with you, according to your needs, your challenges and your vision for the future.

For every challenge you might face, we support you to overcome them.



In this brochure, you will find full details on the wellbeing workshops, training and consultancy we currently have available. For any question or inquiry, please write to [info@mind-it.co.uk](mailto:info@mind-it.co.uk).

*Excellent Company with professional people, this only enhances our Wellbeing Programme on property!*

*The feedback for the massage was so positive we booked a further 2 sessions!*

**Marriott**

# WE COVER EVERY ASPECTS OF YOUR WORKPLACE WELLBEING

## WORKSHOPS

45-60min workshops over lunchtime for your team to learn about, talk about and experience wellbeing.

Our workshops include physical wellbeing (body), mental and emotional wellbeing (mind), and social wellbeing (relationships).

## TRAINING

Series of Lunch & Learns, Half-Days or Full Days: we adapt the training to your needs and organisation.

Sleep, Resilience, Nutrition, Mindfulness, Productivity, Healthy Habits...

The same team members would attend the training workshops with the same expert over a few weeks for a long-lasting impact.

## CONSULTANCY

You know you need a Health and Wellbeing Strategy and you don't know where to start? We are here to help!

We audit the Wellbeing of your team, support you in designing the appropriate Health and Wellbeing Strategy for your organisation and help you to launch and implement it.

# THEY ALREADY TRUST US WITH THEIR WELLBEING NEEDS



*Working with Mind It has been a pleasure! They are very approachable, helpful and friendly. The wellbeing experts are very knowledgeable in their field, and our staff thoroughly enjoyed the experience. To be able to get away from the desk for a while and look forward to a treatment is an amazing concept.*

Handelsbanken

# WORKSHOPS: ON-SITE ACTIVITIES

Organising activities in your workplace to take care of your staff is a great way to support them in their own wellbeing strategies and to show that you are a mindful employer.



## On-site Massage, Reflexology, Reiki

Apart from helping us to relax and unwind from the daily strains of modern life, massage therapy has proven health benefits in reducing anxiety, pain and muscle tension. Mid-afternoon slumps, achy backs, neck and shoulders and decreased productivity can be unwanted side effects of our desk-bound, office-based working lives.

*15-30-60 min slots on demand | £990 per therapist per day | On-site | 'Intimate' Meeting Room*



## Keep Well at Work Stand

Making sure you have a healthy workforce is a good way to enhance your staff performance to support your business growth. A 'Keep Well At Work' is a fun and interactive display of health and wellbeing resources plus a drop-in blood pressure check. Two nurses would be available on-site to support and advise your workforce.

*Half Day | £750 | No limited capacity | On-site*



## Health Checks

Health checks are an easy straightforward way to ensure your staff's wellbeing. They are short appointments covering and checking the main components of health in today's society. Employees get their personal report and advice on any follow-up actions they may require to guarantee the improvement of their health when and if needed. The health checks are 20-minute appointments per member of staff and would include: Blood pressure and heart rate check; Height & weight; Body mass index; Waist measurement; Finger prick cholesterol check; Diabetes risk assessment; Lifestyle advice including healthy eating, exercise, alcohol intake and stress

*Full Day / 20 min for each check | £1,250 | 20 health checks per day | On-site*



## Laughter Yoga

Laughter combines laughter and body moves in order to bring more oxygen to your body and brain. By doing Laughter Yoga, you would relieve stress, lessen anxiety, enhance your immune system, improve respiration and cardiovascular systems, normalise blood pressure and boost self-confidence. Sessions usually last 1 hour, start with an introduction, followed by a warm-up and a series of exercises gathering movements, breathing techniques, and laugh!

*60min | £250 | Max 20 attendees | On-site | No Material required*



## On-site Yoga / Chair Yoga / Pilates

Yoga and Pilates directly come to mind when we think about 'Wellbeing'. It has so many positive effects that we designed different types of sessions in order to meet everyone's expectations! Just ask and we'll target the specific needs of your coworkers: back pain, improve body posture, prevent common aches and relieve mental and physical tension. These sessions can be run on and off the mat, sitting or standing!

*60 - 120 min | £100 + £1 per yoga mat rent | Max 30 attendees | On-site | Yoga mats required*



## Wake Up Your Body

A brain-power-bolstering, dopamine-inducing workout designed to maximise your energy & focus for the day ahead. This moderate to low intensity programme provides natural mood-boosting benefits, increasing your resistance to stress. It's easy and fun to follow through without draining you. It includes: corrective exercises to improve your posture, foot drills to wake up your mind & body and breathing exercises. This workout is a great start to a productive day, preparing you to smash your goals at work!

*60 min | £100 | Max 20 attendees | On-site | Workout Outfit required*



## Mindful Walk

Discover a new way of walking mindfully and the wisdom of the sights and sounds around you. On this one-hour guided walk, you will experience Mindfulness in different places and while walking. The short exercises we do awaken the Heart (emotional energy), Mind (mental energy), Body (physical energy) and Soul (creative energy). You will begin to let go of being busy Doing, and discover instead a new way of Being.

*60 min | £250 | Max 15 attendees | Outdoor | Nothing required*



# WORKSHOPS: LUNCH & LEARNS

What better way to train your teams than to organise lunch and learns workshops? Make the lunchbreak meaningful and impactful: get your teams together and learn new things!



## Stress Management

We live in an incredibly busy world. Most people today think it is normal to be overstressed, anxious, depressed, worried, fatigued, irritated, and addicted to sugar and caffeine. Stress that is being ignored can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes. Stress isn't avoidable but it is manageable. This workshop provides education about the impacts of stress and how to better manage it to live a more peaceful joyous life.

60 min | £250 | Max 20 attendees | On-site | Pen, paper, flip chart, projector required



## Resilience

Ever wanted to feel less stressed? This interactive and engaging workshop enables you to learn about the signs of stress, and guides you towards creating a personal resilience programme resulting in a more resilient 'you'. Workshop will cover Defining stress; Exploring the signs and symptoms; Assessing the impact of stress; Relationship between stress and mental health; Personal stress level assessment; Defining resilience; The 5 ways of wellbeing; Working-out at the Resilience Gym; tools & techniques to build resilience.

60min / Half / Full Day | £250 / £750 / £1,250 | Max 50 attendees | On-site | Pen, paper, flip chart, projector required



## Mindfulness

Mindfulness is a simple meditation practice that promotes wellbeing, focuses the mind and calms the emotions. It has been shown to increase relaxation, coping skills and mental performance. During this session, you will learn a basic mindfulness practice, working with the breath, sensations and thoughts. We will discuss how to practice this in daily life, and how to use the practice as an effective tool for increasing our wellbeing, mental performance, and efficiency at work

60 min | £250 | Max 30 attendees | On-site | Flip chart required





## Financial Wellbeing

Poor financial wellbeing has a strong impact on the health of employees, resulting in higher stress and anxiety levels with poorer job performance, short-term decision-making, reduced ability to concentrate, lower productivity and absenteeism. In this workshop, we will explore options for anyone to improve their finances, budgeting tips and long-term planning to make sure that finances are not a worry anymore.

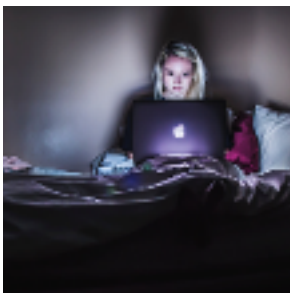
*60 min | £250 | Max 20 attendees | On-site | Pen, paper and projector required*



## Mental Health Awareness

This course provides attendees with a greater knowledge and understanding of the common classifications of Mental Health, how to spot the signs, how to provide support and strategies to make improvements. Topics covered: Introducing Mental Health, Classifications of Mental Health Issues, The Signs of Mental Health Issues, Supporting Mental Health at Work, Strategies to Make Improvements.

*60min / Half Day | £250 / £750 | Max 20 attendees | On-site | Pen, paper and projector required*



## Sleep

Sleep is essential for good health and disease prevention. The problem is that these days sleep deprivation is worn as a badge of honor. Sleep deprivation can contribute to immune system failure, diabetes, cancer, obesity, depression, and memory loss, and a catalyst for diseases and appearance issues (skin problems, weight issues and more). This workshop provides education about sleep - the importance of sleep, the risks of sleep deprivation and how to improve sleep.

*60 min | £250 | Max 20 attendees | On-site | Pen, paper and projector required*



## Nutrition

Our energy is our most invaluable resource, yet so many people are lacking in energy each and everyday. This workshop will cover factors that contribute to energy drain or vitality, the relationship between sugar and mood swings, caffeine addiction and tips to renew and recharge.

*60 min | £250 | Max 20 attendees | On-site | Pen, paper and projector required*



## Life Balance

Self care is not selfish; it's absolutely essential. When you fill up your cup first, you can show up fully at your professional and personal life. Every single day is an opportunity to work towards achieving our goals, and the routines we set for ourselves can dramatically improve our lives and sense of fulfillment. In this workshop, we will discuss the importance of daily and weekly routines for wellbeing, some of which employees can implement in the office.

*60 min | £250 | Max 30 attendees | On-site | Pen, paper and projector required*



## Motivation: How are we motivated?

This session is a whistle-stop tour of 4 models of motivation - Maslow, Herzberg, McGregor's Theory X and Y and Tannenbaum & Schmidt. These all offer a slightly different perspective and angle on how we are motivated. There will be short activities and opportunities to reflect on your own motivation and how these models could be applied in context.

*60 min | £250 | Max 20 attendees | On-site | Pen, paper and projector required*



## Active Listening / Communication

This session will support delegates in recognising and experiencing different types of Listening. Delegates will gain new skills in listening and understand how active listening and being present help us to be more connected to our work colleagues and all the people we have relationships with.

*60min / Half Day | £250 / £750 | Max 20 attendees | On-site | Pen, paper, flip chart, projector required*



## Gratitude

By exploring gratitude practices in a safe space you will understand how it can improve your wellbeing and how you can continue these practices at home. Participants will understand what is meant by practicing gratitude, briefly discuss research findings on practicing gratitude and mood, explore personal sources of gratitude, begin a basic gratitude journal and take part in a whole group gratitude task.

*60 min | £250 | Max 30 attendees | On-site | Pen, paper and projector or flipchart required*

# WE ALSO ORGANISE BESPOKE WELLBEING EVENTS

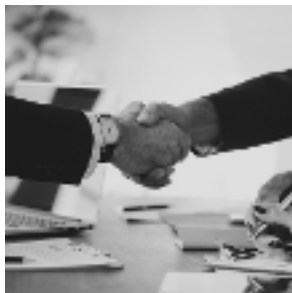


Just get in touch:  
[info@mind-it.co.uk](mailto:info@mind-it.co.uk)



# TRAINING: MENTAL HEALTH

There is still a big stigma around mental health in the workplace. These training courses are here to help you build a workplace in which employees feel comfortable in expressing themselves and their concerns.



## Mental Health First Aid Training

Mental Health First Aid (MHFA) courses train people to spot the symptoms of mental health issues, offer initial help and guide a person towards support. The main focus of the course is put on listening carefully, reassuring and responding safely to a potential mental health crisis. MHFA has a range of training options designed for the workplace, which our certified experts would be happy to provide in Leeds and Yorkshire.

*2 Days | £250 for training per delegate + £40 for material per delegate | Min. 8 and Max. 16 attendees | On-site | Pen, paper and projector required*



## Mental Health Awareness for Managers

With research showing that there are 1 in 6 people at work with mental ill-health, there is more need than ever for organisations to create a culture of openness and support. Organisations often overlook the fact that they can be part of the treatment/recovery plan – work can provide a sense of purpose, responsibility, achievement, social connection and a sense of staying active. This workshop will give managers the confidence and skills to conduct sensitive and supportive conversations with employees around mental health.

Topics covered: Explore the concept of mental health; Consider the causes, signs and symptoms of mental health conditions; Develop an awareness of the common mental health illnesses and the stigma of labelling people; Build best practice of how to support, where to signpost and what reasonable work adjustments can be made; Learn how to have a supportive conversation around mental health; Connect mental health with overall wellbeing and resilience

*Full Day | £1,250 | Max 30 attendees | On-site | Pen, paper, flip chart and projector required*



## Find happiness in the workplace

This interactive, practical workshop will help participants to understand what motivates them at work, their personal style of working, and what gets in the way of a satisfying working life. Participants will leave with a greater understanding of what makes them tick, and practical tools to find their happy selves at work. Topics covered: Motivation, learning styles, personality types, self-limiting beliefs.

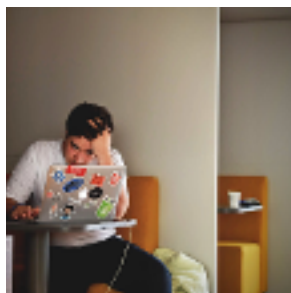
*Half / Full Day | £750 / £1,250 | Max 20 attendees | On-site | Pen, paper and projector required*



## Mental Health Champions in the Workplace

An overview of Mental Health within the workplace, educational and beneficial training for line managers or anyone wanting to know and understand more about Mental Health, from how to support colleagues and become a Mental Health champion to making a real difference to your colleagues' wellbeing and being a mindful employer. Topics covered: An understanding of Depression, anxiety and stress; How to raise awareness of Mental Health within the workplace; How to support colleagues; How to act as Mental Health advocate and champion

*Half Day / Full Day | £750 / £1,250 | Max 10 attendees | On-site | Pen, paper and projector required*



## Handling difficult situations

Learn how to spot the signs of conflict at work and make an informed choice in how to handle conflict when it arises. Through reviewing your preferred ways of working, learn what may be holding you back from dealing with difficult situations appropriately. Practice with some new practical tips that ensure you engage and influence others effectively in difficult times. Topics covered: Spot the signs of conflict; Understand conflict and the difference between healthy and unhealthy states of mind; Mindfully choose the most appropriate response to a range of challenging situations; Handle difficult conversations and leave a positive impact; Prevent future conflict arising.

*Half / Full Day | £750 / £1,250 | Max 15 attendees | On-site | Pen, paper, flip chart required*

# TRAINING: GENERAL WELLBEING

Very often, a one-hour workshop is not enough to cover all the questions and do not allow time for self-reflection. We designed these training courses with this in mind: 1 expert for the same group of people over a few weeks!



## Manager Health & Wellbeing Training

Our one day training course provides managers with the knowledge and practical skills required to support and improve employee wellbeing. Building both physical and mental resilience will increase the motivation, productivity and satisfaction of your workforce. Topics covered: Understanding Stress; Pressure vs Stress; Identifying The Signs; What Managers Can Do; Having The Conversation; Better Sleep; Improved Energy; Healthy Eating; Moving Better; Positive Psychology; Goal Setting

*Full Day | £1,250 | Max 12 attendees | On-site | Projector, pen, paper required*



## 4-week Wellbeing Training

A 4 week course designed for maximum impact. Covering one topic each session over 4 weeks, this course builds your team a mindset toolkit they can implement both at work and at home. The four sessions cover: **Sleep** We'll look at the brain's sleep process and design individual action plans to tackle the frustrations to improve our experiences of sleep. **Stress Management** looking at the 42 signs of stress and completing an activity designed to reduce mental pressure of each delegate by 70%. **Resilience** and our ability to feel strong even when things change and feel safe whilst stepping outside our comfort zones. **Mindfulness** to let go of worries of the future or pressures from the past and focus on the present. This simple technique has been shown to have a positive impact on the autonomic nervous system helping boost our feelings of both mental and physical wellbeing.

*60min per week over 4 weeks | £90pp | Min 10 - Max 20 attendees | On-site | Pen, paper and projector required*





## 4-week Resilience Training

This is a 4-week facilitated course with a coaching approach. Continual high levels of stress cause a build-up of cortisone in the body, this can lead to a multitude of physical and mental health issues. Work-related stress and anxiety is the leading cause for ill health and sickness absence in Britain, with a reported 15.4 million working days lost to work-related stress, depression or anxiety in 2017/18. Topics covered:

- Causes of stress and the human response.
- Effects of stress on health and wellbeing.
- Harnessing life balance.
- Tools to build resilience.
- Personal reflection, assessment and action planning.

Each week will build on the previous week's learning, self reflection, and planning. Delegates will work both as a group and at individual level.

*60min per week over 4 weeks | £90pp | MIn 10 - Max 20 attendees | On-site | Pen, paper and projector required*



## 4-week Sleep Training

This is a 4-week facilitated course with a coaching approach. Sleep and our health and wellbeing are strongly linked. Sleep plays an important role in the process of our bodies repairing themselves, and in our brain's consolidation of our memories. Poor sleep increases the risk of ill health which in turn can make it harder to sleep, and the cycle can lead to both physical issues such as weakened immune systems, and mental issues such as anxiety and depression. Topics covered:

- The importance of sleep.
- Effects of poor sleep on health and wellbeing.
- Techniques to build support better sleep.
- Personal reflection, assessment and action planning.

Each week will build on the previous week's learning, self reflection, and planning. Delegates will work both as a group and at individual level.

*60min per week over 4 weeks | £90pp | MIn 10 - Max 20 attendees | On-site | Pen, paper and projector required*



## 4 to 8 week Mindfulness Training

This course is designed to help your team reduce stress, avoid burn out and lead a more balanced and enjoyable life. Each week will cover a different aspect of mindfulness and include a mix of:

- Guided teaching
- Interactive group activities
- 2-3 meditation practices

Suggested practices will be offered for work and home and your team will be supported with:

- Home practice workbook
- Guided meditations to practice (digital files)

*60min per week over 4 to 8 weeks | £90-180pp | MIn 10 - Max 20 attendees | On-site | Pen, paper and projector required*

# WELLBEING CONSULTANCY

Are you ready to go a bit further on the Wellbeing Journey in your organisation? We're here to help : plan, train, coach, implement, adjust... Everything to get your Wellbeing Strategy up and running!

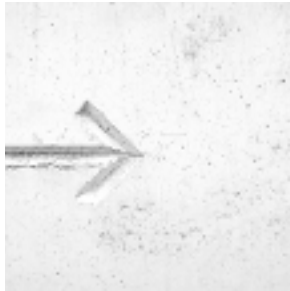
We support you all the way to create, design, implement and assess your wellbeing strategy.

And as we are aware that you might already have done most of the work in-house, we also offer ad-hoc consulting services to cover your specific needs:

- **Assessment** of your current Health and Wellbeing Strategy
- **Review** of your updated / new Health and Wellbeing Strategy
- **Best Practices** and Tips for a successful Workplace Health and Wellbeing Strategy
- **Launch** of your Health and Wellbeing Strategy
- **Communication** around your Health and Wellbeing Strategy

**£250**  
*per hour*





## WELLBEING AUDITS

We study the needs of your team members (online questionnaires and 1 to 1 meetings with HR and top management), analyse them and build our recommendations based on this.

Meeting with the team/person in charge of Wellbeing to get an overview of Wellbeing in the organisation.

Wellbeing diagnostic

1st wellbeing event in your organisation to collect feedback and data

Wellbeing recommendations based on data collected during the 1st event

Meeting with the board of directors/partners with a short and straightforward agenda

Round of online anonymous Questionnaires to the whole organisation

Finalisation of the Wellbeing Strategy and Calendar launch

WELLBEING AUDIT	WELLBEING AUDIT	WELLBEING AUDIT
INTRO	FLASH	FULL
✓	✓	✓
✓	✓	✓
	✓	✓
	✓	✓
		✓
		✓
		✓
		✓
		✓
£990	£2,990	£4,990

After the Wellbeing Audit, we're also here to help you with the whole wellbeing planning, implementation and adjustments. Contact us directly for a quote: [info@mind-it.co.uk](mailto:info@mind-it.co.uk). We'd be happy to support!



# FREQUENTLY ASKED QUESTIONS

- **Who provides the workshops?** We work with a pool of local certified experts in each field whose sessions all have proven impact and positive feedback.
- **Where are the workshops available?** The workshops are all available in Leeds and most of them across Yorkshire. Just ask us and we'll accommodate your needs!
- **When can I book the workshops?** You can book the workshops throughout the year, according to your calendar, any time of the day depending on the availability of the expert.
- **How do I book?** You just need to contact us via email on [info@mind-it.co.uk](mailto:info@mind-it.co.uk) with the workshops and dates that interest you. We'll then confirm the availability of the expert and get you all booked in! Once the booking is confirmed, i.e. a deposit of 50% has been paid, we'll put you in touch with the expert so that you can arrange the details directly if needed.
- **What if the workshop I'm looking for is not in this catalog?** Contact us! Our network of experts can design bespoke workshops for you and your team to suit your business needs!
- **Can I book several workshops on the same day?** For sure, we're happy to support you in organising Wellbeing Days in your workplace, you can mix and match the workshops in this catalog or contact us for a bespoke experience ([info@mind-it.co.uk](mailto:info@mind-it.co.uk))
- **What if we need to cancel the workshop?** You can cancel or reschedule the workshop up to 7 days before the booked date. After that, the deposit will not be refunded.
- **Where can we find the full terms and conditions?** Our terms and conditions for clients are available on our website: [www.mind-it.co.uk/tandcs-corporate-clients](http://www.mind-it.co.uk/tandcs-corporate-clients)

**Don't hesitate to get in touch, we're here to support!**

Mind It Ltd

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