



WELLBEING FOR YOUR TEAM

YOUR PEOPLE YOUR SUCCESS



© Mind It 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. In the background, there is a large stone bridge structure with an American flag on top. The scene is bright and sunny.

"Mind It Ltd supports
your people and your
organisation to thrive.

We design bespoke
wellbeing programs
and make them come
true via our strong
network of wellbeing
experts."

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



WE SAVE YOU TIME, ENERGY AND MONEY

We are a training company making
wellbeing part of your corporate strategy!

At Mind It Ltd, we design tailor-made wellbeing programs, in line with the needs, challenges and vision of our clients, and we implement these programs via our strong network of wellbeing experts.



In this brochure, you will find details on the wellbeing workshops, training and consultancy we currently have available. Please note that they are (almost) all available on-site and online.

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 for your team members to learn about, talk about and experience wellbeing. Most of them are available on-site and online

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

TRAINING

Series of short workshops, Half-Days or Full Days: we adapt the training to your needs and expectations.

Sleep, Resilience, Nutrition, Mindfulness, Productivity, Healthy Habits, General Health & Wellbeing...

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

CONSULTANCY You know you would need a Health & Wellbeing Strategy but 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 & Wellbeing Strategy for your organisation, and support you in launching and implementing it.

THEY ALREADY TRUST US WITH THEIR WELLBEING NEEDS

Michael Page



CAPITA

HITACHI
Inspire the Next

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SHOOSMITHS

Handelsbanken

Surfachem

MEPC



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

ON-SITE OR ONLINE 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 or Online | 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!

60min | £100 + £1 per yoga mat rent | Max 30 attendees | On-site or Online | 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 or Online | Workout Outfit required



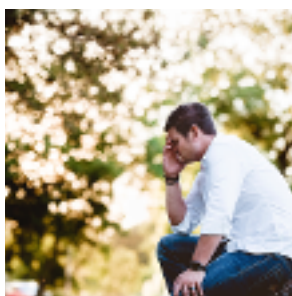
Mindful Walk

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

ON-SITE OR ONLINE WORKSHOPS

What better way to train your teams that 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 or Online | 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 or Online | 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 or Online | 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.

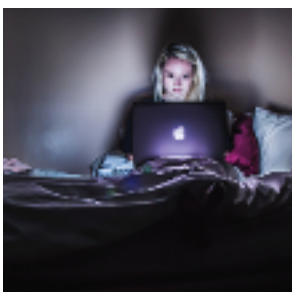
60 min | £250 | Max 20 attendees | On-site or Online | Pen, paper and projector required



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 or Online | 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 or Online | 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 or Online | 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 or Online | Pen, paper and projector required



Motivation: How are we motivated?

We can all choose to sit on the couch or lie in bed and not bother... that decision is easy! The first step in motivation is deciding to do something, actually deciding to start. This session has been designed to help you to find your motivation back or to remain motivated at work and in life in general. There will be short activities and opportunities to reflect on your own motivation.

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

SPECIFICALLY DESIGNED FOR HOME WORKERS



Staying calm and productive in uncertain times

This workshop has been designed specifically to support employees and team members working from home because of the current virus outbreak.

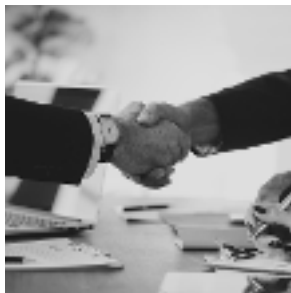
In this workshop, we will learn how to keep calm and remain healthy and productive during uncertain times. We'll learn about our natural stress response process, conduct an individual stress assessment and teach you practical tools you can implement at home to minimise the negative impacts of stress.

Topics covered: The internal stress process / Personal Introspection / Fear and stress / Practical solutions for lone workers

60 min | £250 | Max 30 attendees | On-site or Online | Pen, paper required

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 or Online | 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 or Online | 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.

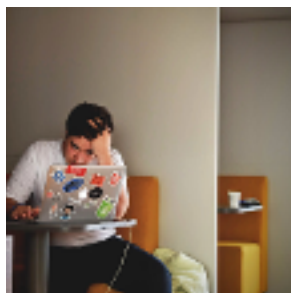
Half / Full Day | £750 / £1,250 | Max 20 attendees | On-site or Online | Pen, paper and projector required



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 or Online | 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 or Online | 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 or Online | 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 or Online | 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 or Online | Pen, paper and projector required



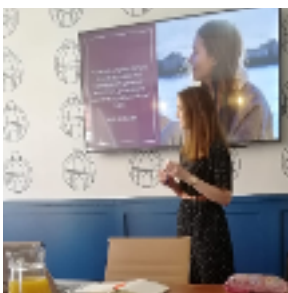
4-week Sleep Training

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 or Online | 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 or Online | 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!

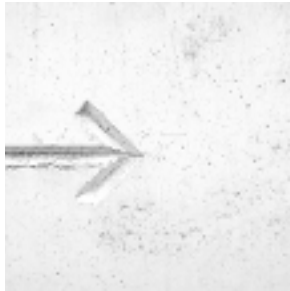
We support you all the way to create, design, implement and assess your wellbeing strategy.

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 survey and 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

INTRO



£990

WELLBEING AUDIT

FLASH



£2,990

WELLBEING AUDIT

FULL



£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. We'd be happy to support!

FREQUENTLY ASKED QUESTIONS

- **Who provides the workshops?** We work with our network of local certified experts in each field whose sessions all have proven impact and positive feedback.
- **Where are the workshops available?** On-site workshops are available in Leeds and across Yorkshire. Almost all our workshops are also available online and accessible from anywhere in the world: we use a technology that enables any team members to plug-in and benefit from a workshop even when working from home.
- **When can I book the workshops?** You can book the workshops all year long, 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 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 will put you in touch with the expert to arrange the final details if needed.
- **What if the workshop I am looking for is not in this catalogue?** Contact us! We can design bespoke workshops for you and your team to suit your needs and meet your requirements!
- **Can I book several workshops on the same day?** of course! We would be happy to support you in organising wellbeing days or weeks for your workplace, you can mix and match the workshops or contact us for a bespoke experience (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

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

Mind It Ltd

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