

WINNING WELLBEING SCHEME

1 Stop Shop For ALL Your Workplace Wellbeing Needs

Health & Wellbeing Workshops

- ✓ Health & Nutrition
- ✓ Alcohol & Addiction
- ✓ Anxiety & Low Mood
- ✓ Lifestyle
- ✓ Burnout & Stress
- ✓ Emotional Wellbeing
- ✓ Workplace Wellbeing



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Physical Wellbeing Workshops



Massage Therapy



Sleeping Well



Weight & Fitness



Quit Smoking



Movement Therapy

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Holistic Wellbeing Workshops

- ✔ Meditation & Mindfulness
- ✔ Chair Yoga
- ✔ Tai Chi
- ✔ Sound Bath
- ✔ 1-2-1 Reiki Healing
- ✔ Pilates



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People Wellbeing Workshops

- ✔ Equality & Diversity
- ✔ Change Management
- ✔ Harrasment & Safeguarding
- ✔ Neurodiversity
- ✔ Conflict Resolution
- ✔ Workplace Ethics
- ✔ Unconscious Bias

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Financial Wellbeing Workshops

- ✔ Cost of Living
- ✔ Debt Management
- ✔ Property & Investing
- ✔ Money Management
- ✔ 1-2-1 Financial Coaching

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Therapeutic Wellbeing Workshops

- ✔ Group Therapy
- ✔ Mindset Matters
- ✔ Rewire Your Brain
- ✔ Find Your Purpose
- ✔ Journalling
- ✔ Confidence Building
- ✔ Visualisation
- ✔ Impostor Syndrome
- ✔ EFT Tapping
- ✔ Phobia Therapy
- ✔ Poetry

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HR Workshops

- ✔ Recruitment & Retention
- ✔ Wellbeing Governance
- ✔ Culture & Strategy
- ✔ People Analytics
- ✔ Onboarding

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Team & Leadership Workshops

- ✔ Managing Remote Teams
- ✔ 1-2-1 Coaching
- ✔ Managers & Leaders
- ✔ Giving Feedback
- ✔ Personal Development
- ✔ Team Cohesion
- ✔ Inclusive Management
- ✔ Team Values
- ✔ Communication for Leaders

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Womens Wellbeing Workshops

- ✓ Pre & Post Natal
- ✓ Managers & Leaders
- ✓ Yoga for Menopause
- ✓ Pre & Post Natal Yoga
- ✓ Miscarriage
- ✓ Menopause
- ✓ Womens Health
- ✓ Mum Rage
- ✓ Working Mums

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Domestic Wellbeing Workshops

- ✓ Bereavement & Loss
- ✓ Divorce & Relationships
- ✓ Special Needs Parenting
- ✓ Disability & Inclusion
- ✓ Working Parents & Sleep
- ✓ Mens Health
- ✓ Womens Health
- ✓ Living with Cancer
- ✓ Domestic Abuse
- ✓ Family & Carers

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Specialist Wellbeing Workshops

- ✓ 1-2-1 Counselling
- ✓ Art Therapy
- ✓ Advisory & Consultancy
- ✓ MHFA Certification
- ✓ Create a Bespoke Workshop
- ✓ GP Drop-In Clinic
- ✓ Motivational Speaker
- ✓ Solicitors & Stress