

OUR WORKPLACE TRAINING PACKAGES

WELLBEING MADE EASY: STRAIGHTFORWARD PACKAGES FOR BUSY WORKPLACES

There's a lot of attention on workplace wellbeing today. With thousands of courses, webinars, forms, benefits, and so much more involved in setting up a wellbeing strategy, it's easy to be overwhelmed by the noise.

With our simple range of easy-to-follow wellbeing packages, Health@Work are on hand to take your organisation's wellbeing strategy from first steps to lasting impact – letting you focus on what really matters. From initial consultation to ongoing support, our experts will guide you every step of the way to build a wellbeing programme that's tailored to your workplace, your employees, and your budget; without the time and resource demands of starting from scratch.

Whether you're taking the first steps in workplace wellbeing or looking to strengthen existing programmes, our packages offer a simple, step-by-step pathway to lasting improvements and measurable results.



HOW WILL YOUR PACKAGE WORK?



1

DISCOVERY

UNDERSTANDING YOUR NEEDS

All of our packages start in the same place – with you! Your consultant will get to work learning the ins and outs of your organisation’s goals, challenges, and unique culture. We’ll benchmark your current approach against recognised best practice and highlight the areas where wellbeing support will make the biggest difference.

2

DESIGN

BUILDING YOUR SOLUTION

Using these insights, we’ll implement wellbeing training and initiatives from either our pre-designed packages or your bespoke solution (see page 11), tailored to your people and priorities. We’ll coordinate everything – from scheduling sessions to providing promotional supporting materials – so your teams know what’s on offer and feel encouraged to take part. Each programme is practical, flexible, and built to deliver measurable impact.

3

DEVELOPMENT

SUPPORTING YOUR PROGRESS

Once you’ve completed your training packages, we’re still on hand to help. With regular check-ins once per quarter, updates on new wellbeing trends, and advice for next steps, you’ll have confidence that your programme continues to deliver value, remains relevant, and evolves with your organisation.

PRE-DESIGNED PACKAGES

Each of our ready-made packages has been designed to comprehensively explore a dedicated wellbeing topic, providing structured and targeted guidance on important areas that influence employee health, safety, and wellbeing. Every package combines the latest research with practical know-how to help you embed a realistic wellbeing culture across your organisation.

What's included?

Each of our packages includes:

- Your own dedicated wellbeing consultant
- Personalised Wellbeing Impact Report
- 60-minute themed keynote presentation for up to 500 employees
- 2-4 themed training courses for your employees and leadership team
- Year-long access to online resources, support materials & wellbeing webinars
- Quarterly check-in sessions with your wellbeing consultant

“Over 95% of employees rated the training as high quality, 93% expressed willingness to recommend it to fellow managers, and 92% expressed interest in attending additional sessions by Health at Work.”

Antoinette Ackuaku,
Head of Organisational Development,
Bracknell Forest Council

WHAT'S IN MY WELLBEING IMPACT REPORT?

Your Impact Report provides an overview of your package upon its completion, highlighting key findings, attendance levels, participation trends, and the main learning outcomes achieved. This provides clear evidence of progress and outlines areas for future focus – which can be supported by your consultant in your quarterly follow-up reviews.



INTRODUCTION TO WELLBEING

There's so much more to 'being healthy' than not being sick. Our **Introduction to Wellbeing Package** has been compiled to help your employees gain a solid footing in the fundamentals of good wellbeing, as well as how to integrate these into both their workday and their day-to-day lives.

With a focus on learning about the science behind simple wellbeing behaviours and practical approaches to building up healthy everyday habits, this package is designed to provide the foundation for a healthy workforce.

**£2,500
+ VAT**



KEYNOTE: INTRODUCTION TO WELLBEING

1hr | Up to 500 employees

We'll host an online keynote presentation on the past, present, and future of workplace wellbeing and how it affects your employees. We'll also supply a recording that you can host on your own intranet.



SLEEP ESSENTIALS

1.5hrs | Up to 500 employees

Sleep is one of the most undervalued aspects of our overall health - but has the biggest impact. This course introduces the basics of good sleep hygiene with practical tips for a great night's sleep.



EXERCISED SIMPLIFIED

2hrs | Up to 500 employees

In this session, your employees gain an in-depth look into the importance of physical exercise on their health, as well as tips and guidance on how to fit daily exercise into their everyday routine.



NUTRITION SIMPLIFIED

2hrs | Up to 500 employees

This course offers employees the opportunity to learn about the importance of nutrition and diet on their overall health and energy levels, and how 'eating well' goes far beyond simply counting calories.



MENTAL HEALTH WELLBEING FOR EMPLOYEES

1.5hrs | Up to 500 employees

This workshop equips your employees with the knowledge and skills to understand and support good mental wellbeing using practical, everyday wellbeing interventions for both themselves and others.





MENTAL WELLBEING

With almost half of all workplace sick leave being due to stress, depression, and anxiety¹, helping employees manage their mental health has never been a higher priority. Our **Mental Wellbeing Package** equips your workforce with the training, awareness, and skills they'll need to support themselves, their colleagues, and employees.

You can also extend this package with the option to bolt-on our Mental Health First Aider training, further embedding support for employee mental wellbeing into your organisation.

1 - Health & Safety Executive, Health and safety at work Summary statistics for Great Britain 2024

**£1,750
+ VAT**



KEYNOTE: UNDERSTANDING MENTAL HEALTH

1hr | Up to 500 employees

We'll host an online keynote presentation to introduce the importance of taking care of your mental health both in work and out. We'll also supply a recording that you can host on your own intranet.



MENTAL WELLBEING FOR EMPLOYEES

1.5hrs | Up to 500 employees

This workshop equips your employees with the knowledge and skills to understand and support good mental wellbeing using practical, everyday wellbeing interventions for both themselves and others.



MENTAL WELLBEING FOR LEADERS & MANAGERS

2hrs | Up to 500 employees

In this course, we'll teach your workplace leaders how to implement effective mental health interventions that really support their teams, using practical guidance based on the latest research.



OPTIONAL BOLT-ON: MENTAL HEALTH FIRST AIDER TRAINING*

4 x 4.5hrs | Up to 16 employees

We'll fully train your own in-house team of Mental Health First Aiders, a dedicated point of contact who can recognise, support, and signpost mental health concerns among their colleagues.

*The price for this optional bolt on can be provided on request.





WELLBEING LEADERSHIP

Good leadership can make or break an organisation – and the same goes for your wellbeing strategy. Our **Wellbeing Leadership Package** ensures the maximum return on investment for your wellbeing initiatives by getting your management team fully onboard and bought in to the importance and impact of great employee wellbeing.

This programme is ideal for organisations of any size looking for support to design and implement their first fully integrated wellbeing strategy.

**£3,950
+ VAT**



KEYNOTE: WELLBEING LEADERSHIP

1hr | Up to 500 employees

We'll host an online keynote presentation that outlines the importance of leadership when building and maintaining a culture of wellbeing. We'll also supply a recording that you can host on your own intranet.



LEADING WELLBEING AND PERFORMANCE FOR MANAGERS - SETTING THE SCENE

3 x 2.5hrs | Up to 50 managers

In these first three sessions, we'll guide your managers in the essentials of wellbeing-focused leadership, showing how wellbeing and manager behaviour drive performance, how clarity and supportive accountability improve daily team experience, and how practical routines build consistency, trust, and high performance.



LEADING WELLBEING AND PERFORMANCE FOR MANAGERS - EMBEDDING IN PRACTICE

3 x 2.5hrs | Up to 50 managers

In the following sessions we'll teach your managers how to hold meaningful, empathetic conversations, build psychological safety that encourages openness and collaboration, and use simple, actionable insights to monitor team wellbeing and performance - strengthening trust, connection, and early support across the team.



MENOPAUSE HEALTH

With 23% of women having considered resigning from their positions due to menopause symptoms², supporting women and those experiencing menopause has become a must in the modern workplace. Our Menopause Health package is delivered by our menopause experts to offer both practical support and leadership awareness to help your organisation thrive.

In order to increase awareness, empathy, and understanding about the menopause experience, this package has been designed to be accessible to people of all genders and ages.

2 - BBC, 'Without support, many menopausal workers are quitting their job', 9 April 2024

**£3,250
+ VAT**



KEYNOTE: MENOPAUSE AWARENESS

1hr | Up to 500 employees

We'll host an online keynote presentation for employees of all genders to introduce the importance of understanding menopause at work. We'll also supply a recording that you can host on your own intranet.



MENOPAUSE CHAMPION TRAINING

2hrs | Up to 25 employees

Your organisation's menopause champions are invaluable to your employees experiencing menopause – in this course, we'll train them to encourage conversations, signpost support, and champion employee awareness.



MENOPAUSE TRAINING FOR MANAGERS

2hrs | Up to 50 employees

This workshop will equip your leadership team with the right tools and knowledge to better understand and support their employees through menopause, including practical guidance to an inclusive culture.



EXERCISE FOR MENOPAUSE MANAGEMENT

1hr | Up to 500 employees

In this course, your employees will learn about how and why physical activity is so important for managing menopause symptoms, as well as gain practical guidance for building a menopause friendly exercise plan.



NUTRITION FOR MENOPAUSE MANAGEMENT

1hr | Up to 500 employees

The food we eat can have a huge impact on our hormones – this course introduces the fundamentals of menopause nutrition, equipping your team with the knowledge to build their own bespoke diet.



INCLUSION & DIVERSITY

A practical approach to inclusion and diversity is a vital aspect of the modern workforce. This package has been constructed around sharing practical and meaningful strategies that really boost your employees' productivity, engagement, and morale.

With training courses delivered by some of the UK's top inclusion and diversity specialists, this programme focuses on taking inclusivity out of just your equality and diversity statement and into a living workplace culture.

**£2,750
+ VAT**



KEYNOTE: INCLUSION & CULTURE

1hr | Up to 500 employees

We'll host an online keynote presentation on what practical inclusion & diversity really means in the modern workplace. We'll also supply a recording that you can host on your own intranet.



INCLUSION & DIVERSITY FOR MANAGERS

1.5hrs | Up to 50 employees

Here, your leadership team will gain an invaluable insight into the practical implications of inclusion in the workplace, including both the positive impact of a diverse team and common pitfalls to be aware of.



INCLUSION & DIVERSITY FOR EMPLOYEES

2hrs | Up to 500 employees

In this session, your employees will cover topics such as unconscious bias, inclusivity, cultural awareness, and creating a culture of belonging to build a positive and welcoming workplace for their colleagues.



NEURODIVERSITY FOR EMPLOYEES

1.5hrs | Up to 500 employees

This training course introduces the concept of neurodiversity to your employees, helping them understand the different ways people think and approach tasks, so they can better support colleagues and foster a collaborative working environment.



ONGOING SUPPORT FOR YOUR BUSINESS

Implementing a new or expanded wellbeing strategy isn't a one-and-done exercise. The strategy defines your long-term direction, and the initiatives within it bring that vision to life. Done right, both will grow and develop alongside your business and your workforce.

To help you stay on target and getting the most out of your new wellbeing culture, we offer a full post-package support service that's designed to keep your ROI up and your worries down.

After completing any one of our packages, including any bespoke packages you may build with us, you'll get:

- Your official Wellbeing Impact Report from your consultant
- Quarterly meetings, for a minimum of 12 months, with your dedicated wellbeing consultant to discuss your queries, assess your progress, and strategize for the future
- A whole year's access to our library of digital resources, materials, and webinars



BUILDING YOUR BESPOKE PACKAGE

Haven't found what you're looking for among our standard packages? Or perhaps you're already halfway to a brilliant wellbeing strategy and just need that final push over the line? We can build you a bespoke wellbeing package tailored to your organisation and employees' unique needs and interests.

While all of our packages can be personalised to your organisation, a bespoke option can be ideal if you're looking for specific solutions. To get started, take a look at our range of courses by clicking the link to our website below and get in touch to see how Health@Work can support you.

healthatworkcentre.org.uk



To discuss your bespoke package, get in touch with us at:

**info@healthatworkcentre.org
or call us direct on
0151 236 6608**





health
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Health@Work are proud to be part of the Medicash Health & Wellbeing Group, providing award winning health and wellbeing services across the UK.

From our roots supporting local voluntary hospitals in 1871 to our modern support for both global and community charities and projects, Medicash was formed with social responsibility at its heart – for our customers, colleagues and community.

HEALTHATWORKCENTRE.ORG.UK

0151 236 6608

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