

CONSULTING & TRAINING

Programmes and Solutions

Understanding and Ensuring Wellbeing

Community Business is excited to share updates to our **Understanding and Ensuring Wellbeing** training programmes. We thank you for your continued support of our wellbeing initiatives and look forward to working together to encourage wellbeing at the workplace and beyond.



FOCUS AREAS AND TRAINING PROGRAMMES:

Mental Wellbeing



- » Mental Wellbeing 101
- » Stress and Anxiety Awareness
- » Neurodiversity Awareness
- » Stress Management Resilience Training
- » Mindfulness Training

[FIND OUT MORE](#)

Physical Wellbeing



- » Physical Wellbeing 101
- » Healthy Coping Strategies to Stress and Anxiety

[FIND OUT MORE](#)

Financial Wellbeing



- » Financial Wellbeing 101

[FIND OUT MORE](#)

Social Wellbeing



- » Social Wellbeing 101
- » How to Build a Connected Team
- » Coming out of Isolation and Adapting to the "New Normal"

[FIND OUT MORE](#)

Contact our Wellbeing manager **Chris Mack** to find out more:

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WHAT IS IT?

Mental Wellbeing can sometimes be seen as the centre of wellbeing and typically refers to mental health. However Mental Wellbeing also combines how we feel (emotional wellbeing) and how we function (thoughts and behaviours). Research demonstrates that mental wellbeing is influenced by psychological, biological and social factors. This may make it seem like a more challenging area of wellbeing to improve, but it also means that there are many approaches to improve mental wellbeing and in turn, overall wellbeing.

MENTAL WELLBEING TRAINING PROGRAMMES

Mental Wellbeing 101

- » Introduction to Mental Wellbeing
- » What is Mental Wellbeing and why it is important
- » Discussion about Mental Wellbeing in the Workplace
- » Common Mental Health Challenges

Stress and Anxiety Awareness

- » Defining and understanding stress and anxiety
- » Impact of stress and anxiety to our day-to-day
- » Introduction to coping strategies

Neurodiversity Awareness

- » What is Neurodiversity
- » Myth busting Neurodiversity
- » Why is Neurodiversity important
- » Neurodiversity in the Workplace
- » Language Matters

Stress Management

- » Revising basic knowledge of stress
- » Breathing exercises
- » Stress management techniques for the workplace and remote working
- » Grounding techniques
- » Workplace initiatives to help improve overall stress levels

Resilience Training

- » Natural reactions to threat/stress
- » What is resilience (7 Cs of Resilience)
- » Circles of Control
- » Resilience at Work
- » Growing your resilience
- » The STOP Method

Mindfulness Training

- » Defining Mindfulness and Explaining 'Autopilot'
- » Why is Mindfulness important
- » Practicing Mindfulness
- » Applying Mindfulness to your day-to-day

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Physical Wellbeing



WHAT IS IT?

Physical Wellbeing goes beyond exercising regularly. It is a multifaceted area of wellbeing that has a positive impact on other areas of wellbeing and includes looking holistically at physical health and healthy behaviours. We aim to ensure that we provide resources, solutions and training that can be applied to everyone and tailored to suit their needs regardless of ability.

PHYSICAL WELLBEING TRAINING PROGRAMMES

Physical Wellbeing 101

- » What is Physical Wellbeing and Discussing its Importance
- » SMART Goal Setting
- » Remote Working: Challenges and Solutions
- » Organisation Initiatives that Promote Good Physical Wellbeing

Healthy Coping Strategies for Stress and Anxiety

- » Stress and Anxiety Revision
- » Healthy and Unhealthy Behaviours
- » Introduction to Behaviour Change
- » Identifying Triggers
- » Changing and Strengthening Responses to Identified Triggers

Financial Wellbeing



WHAT IS IT?

With the cost of living increasing and the impact recent years has had on the economy, Financial Wellbeing is an area that underpins wellbeing especially in the workplace. By increasing awareness we increase confidence and by increasing confidence, we empower more people to talk about financial challenges, which is the first step to improving Financial Wellbeing.

FINANCIAL WELLBEING TRAINING PROGRAMMES

Financial Wellbeing 101

- » What is Financial Wellbeing and understanding its importance
- » Empowering conversations around financial situations
- » Identifying resources and services to support Financial Wellbeing

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WHAT IS IT?

Social Wellbeing is not as widely explored in the international context of Wellbeing but research shows us the positive impact of having a diverse, equal and inclusive team and that creating a sense of belonging improves wellbeing. Social interaction has changed in recent times and we aim to regain that sense of connection that society has been lacking over the last few years.

SOCIAL WELLBEING TRAINING PROGRAMMES

Social Wellbeing 101

- » What is Social Wellbeing
- » Benefits of positive relationships
- » Introduction to Social Wellbeing in the workplace
- » Tips to improve Social Wellbeing

How to Build a Connected Team

- » Qualities of a Connected Team
- » Team Building Activities
- » Hybrid Working Team Building

Coming Out of Isolation and Adapting to the New Normal

- » Reflecting on the Impact of COVID-19
- » Challenges with Reintegrating
- » Steps Towards Adapting to the “New Normal”
- » Adjusting Working Environments to Support Coming out of Isolation

CONTACT DETAILS

To inquire about our Wellbeing training programmes, visit our website or get in touch with our Wellbeing Programme Manager, Chris Mack.



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