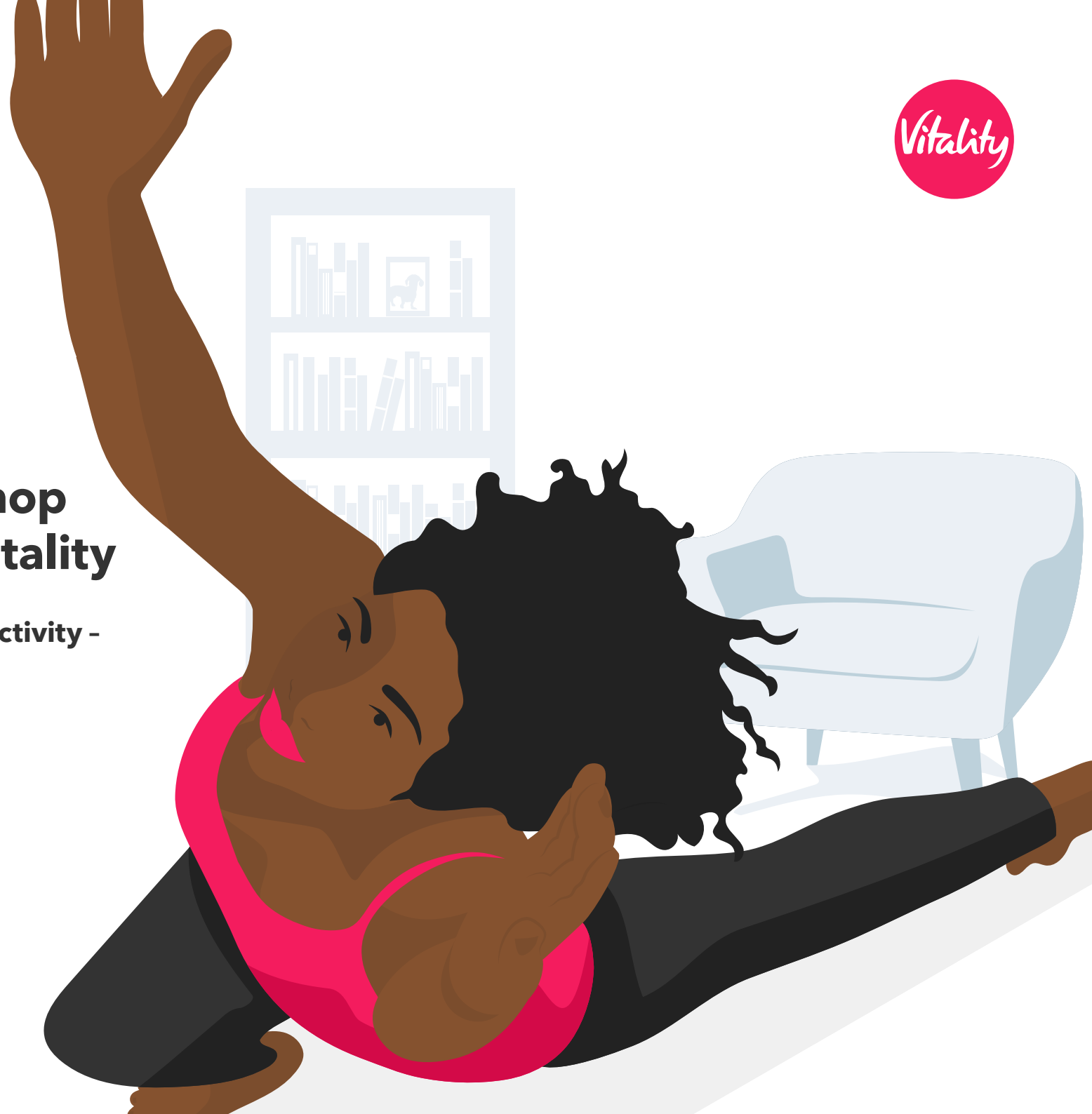




Wellbeing Workshop Catalogue from Vitality

**Mental Wellbeing - Physical Activity -
Nutrition**



Introduction

Our interactive wellness workshops offer your business another effective way to help improve your employees' mental and physical health. They cover a range of subjects, including burnout, menopause, eco-friendly eating and many more, and are divided into three main categories.



MENTAL WELLBEING



PHYSICAL ACTIVITY



NUTRITION



Most of the workshops are run by our Vitality Coaches, who are health and wellbeing professionals with qualifications in a range of wellbeing disciplines, including mental health, psychotherapy, physiology, personal training, and nutrition.



Some of our specialist workshops are facilitated by our trusted Vitality Partners with expertise in areas, such as financial wellbeing and eco-anxiety.



As well as learning new skills, these workshops also provide your employees with the chance to take part in group discussions, to help them gain a deeper understanding.



How to make your choice

- 1 Read** the workshop descriptions and watch the trailers - and ask your team to do the same
- 2 Everyone votes** on their favourites
- 3 To book**, send us an email at wellbeingevents@vitality.co.uk with your Vitality plan name and plan number as well as your choices. Be sure to book at least 6 weeks in advance.



Mental Wellbeing Workshops



Delivered by the Vitality Coaches

Making Sense of Mental Health

60 MINS

For anyone who wants to learn more about mental health and wellbeing. We'll offer you a safe space to talk about mental health, so you feel comfortable and more confident to talk about it with your colleagues.

In this workshop, you'll learn:

- What mental wellbeing is
- What the common mental health challenges are
- How to spot the signs of poor mental health in yourself and others
- Tips on how to identify, build and maintain positive mental wellbeing
- How to start supportive conversations

**60 mins
£250 + VAT**

Delivered by the Vitality Coaches

Making Sense of Mental Health for People Managers

90 / 120 MINS

An in-depth introduction to mental health and wellbeing that's specifically aimed at people managers and team leaders. In the first half, we'll explore the topics below and then the session will be divided into groups of three to discuss example case study.

In this workshop, you'll learn:

- What mental health and wellbeing is and the stigma still surrounding it
- About your duty of care as a manager and team leader
- What best or good practice looks like
- Importance of signposting and supporting ourselves, as well as our team
- How to start supportive conversations

**90/120 mins
£320 / £400 + VAT**



MENTAL WELLBEING

Delivered by the Vitality Coaches

Positive Wellbeing Strategies: Managing Stress and Anxiety

60 MINS

We'll look at the science behind what happens in the brain and bodies when faced with challenging situations. Plus, we'll reveal the difference between stress and anxiety.

In this workshop, you'll learn:

- How to respond in a more positive way when faced with challenging situations
- Why we respond the way we do to stress and anxiety
- How to recognise the signs of stress and anxiety and how to reduce them
- How to slow things down and develop greater clarity of mind
- Positive strategies and tools to help you stop unhelpful thoughts and increase wellbeing

**60 mins
£250 + VAT**

Delivered by the Vitality Coaches

Developing Resilience: From Surviving to Thriving

60 MINS

We'll explore resilience from a scientific perspective and discover its impact on our wellbeing.

In this workshop, you'll learn:

- What resilience is
- Things that can positively and negatively influence your resilience
- Tools and techniques to help you grow resilience
- Strategies to help you face and get through challenging times
- Help to identify your key point of control and learn how to develop a growth mindset

**60 mins
£250 + VAT**

Delivered by the Vitality Coaches

Neurodiversity Awareness in the Workplace

60 MINS

It's estimated that 1 in 7 people in the UK are neurodiverse - with diagnosed neurological conditions, including ADHD, Autism and Dyslexia¹. In this session we'll discuss the importance of embracing neurodiversity at work and share ways to create a more inclusive environment for neurodiverse colleagues.

In this workshop, you'll learn:

- The definition of 'neurodiversity' and common neurodiverse conditions, including ADHD, Autism and Dyslexia
- The barriers and challenges neurodiverse individuals experience in the workplace
- What the benefits of neurodiversity in the workplace are
- Why it's important to create an inclusive environment at work
- How small changes can make neurodiverse colleagues feel more included and help to improve overall team performance

**60 mins
£250 + VAT**

Source: 1: <https://www.bdadyslexia.org.uk/news/new-guidance-neurodiversity-in-the-workplace>



MENTAL WELLBEING

Delivered by the Vitality Coaches

Small Steps to Success: Motivation and Goal Setting

60 MINS

We'll give you the tools you need to achieve a set of goals. You'll get a framework to use - to help you map out what the goals are; potential hurdles along the way; and the skills and resources you'll need to achieve them.

In this workshop, you'll learn:

- The role of motivation and finding your why
- How to set effective goals, to make you more likely to achieve them
- The impact of tiny habits and how to build your own
- How to identify practical and psychological hurdles to success

60 mins
£250 + VAT

Delivered by the Vitality Coaches

Burnout: Key Strategies for Prevention

60 MINS

We explore what burnout is and teach you how to create healthier boundaries to deal with common stressors you encounter in the workplace, to help avoid it.

In this workshop, you'll learn:

- What burnout is, separating facts from fiction
- How to recognise the different stages of burnout
- How to optimise recovery using mental wellbeing strategies, nutrition and exercise
- Tips and tricks to prevent and recover from any potential burnout

60 mins
£250 + VAT

Delivered by the Vitality Coaches

Navigating Uncertainty: Protecting Mental Health in Times of Change

60 MINS

We all face moments of uncertainty in our daily lives, from financial pressures to health concerns and workplace changes. It can make us feel like we're losing control over things, which can lead to stress, anxiety and fear.

In this workshop, you'll learn:

- How uncertainty can affect our wellbeing and behaviour
- How to manage your mental health in times of change
- How to become more adaptable and resilient in times of change

60 mins
£250 + VAT



MENTAL WELLBEING

Delivered by Work Wellbeing

Eco-Anxiety: Move from Despair to Action

60 MINS

The extent, pace and projection of the ecological collapse this planet is going through is thoroughly overwhelming and can leave us feeling anxious about the future. In this session we'll share our feelings about the climate crisis and find ways to turn our fear into positive action.

In this workshop, you'll learn:

- To explore your relationship to the crisis that is unfolding
- How acknowledgement and acceptance of your fear and grief can move you into action
- To confront what so many of us are trying to avoid
- That this is an ever-increasing challenge in our lives, which can only be tackled if we all become part of the solution
- How our daily actions can make a difference

**60 mins
£945 + VAT**

Delivered by Work Wellbeing

Working Well with Technology:

60 MINS

In this session, we'll help you to optimise your use of technology, to remain healthy, productive and in good spirits.

In this workshop, you'll learn:

- Ways to take 'proactive breaks' so that you can return to work refreshed
- How to minimise emails to help you and your colleagues do more 'deep work'
- How to have a healthier relationship with technology
- Tip and techniques to help you feel more focused, balanced and productive

**60 mins
£745 + VAT**

Delivered by Work Wellbeing

Supporting Working Parents

60 MINS

For parents and caregivers of kids of all ages, this workshop will help you to cope with the total lifestyle change parenthood brings. We'll explore how to deal with the intense strain on your physical and mental health - from sleeplessness, noise and chaos to intense feelings of love, purpose, helplessness and, even, guilt.

In this workshop, you'll learn:

- How to build a framework of self-care to help nourish ourselves
- Tips and tools to help you cope and boost resilience
- Strategies to support sleep, relaxation, nutrition and lifestyle hacks

**60 mins
£745 + VAT**



MENTAL WELLBEING

Delivered by Work Wellbeing

Embracing Difference

60 MINS

We'll offers a practical approach to 'Inclusion and Diversity' by sharing research and strategies that'll help you embrace differences and find ways to grow together.

In this workshop, you'll learn:

- How our brain constantly tries to stop us from engaging with change, novelty and difference, and moves us into an "avoidant" motivation system as soon as we do
- To examine the "approach" motivation system, which is based on acceptance and curiosity
- To explain how the "approach" motivational system is good for individuals and businesses
- Tips on how to cultivate our own and our team's curiosity
- Research and tips on how to help us to engage with the unfamiliar
- Ways to get out of our comfort zone and embrace differences

60 mins
£695 + VAT

Delivered by SuperWellness

Understanding and Embracing the Menopause

60 MINS

For everyone to better understand what happens to women's body and their hormones, both in the lead up to and during the menopause. It'll give women of all ages the tools to make the transition into menopause smoother and help men to better understand what their loved ones, friends and colleagues could be going through.

In this workshop, you'll learn:

- The symptoms associated with the menopause
- How diet and lifestyle habits can make a profound difference
- Our 6-point practical nutrition and lifestyle plan to help you look and feel your best
- How best to exercise for hormones, weight management and supporting strong bones
- How to eat to support metabolism, energy, mood and overall health

60 mins
£545 + VAT

Delivered by This Girl Talks Money

Uncovering Financial Wellbeing

60 MINS

Discover how your financial wellbeing is impacting your physical and mental health and find out how to make lasting improvements.

In this workshop, you'll learn:

- What financial wellbeing means (and what it isn't)
- Benefits of taking control of your financial wellbeing
- The impact financial wellbeing has on mental and physical wellbeing
- How to spot key signs of poor financial wellbeing
- Simple steps to start improving your financial wellbeing now
- How to take charge of your financial future

60 mins
£600 + VAT



Physical Activity Workshops



Delivered by the Vitality Coaches

How To Build Your Own Exercise Programme

60 MINS

Designed for all fitness level, you'll get help to build a personal resistance-training exercise programme that can easily be updated to meet your health needs. This workshop pairs nicely with our 'How to Improve Your Cardiovascular Fitness' workshop.

In this workshop, you'll learn:

- Why a routine focused on your goals is so important
- How to build your own resistance-training programme
- Which movements/exercises to include into your routine: how to pick them and how to adjust their difficulty

60 mins
£250 + VAT

Delivered by the Vitality Coaches

Perfecting Your Workplace Posture

60 MINS

Greater digital connectivity means we're spending too much time sitting in the same position at home and in the office. This lack of movement during the day is causing us to place unnecessary stress and strain on our bodies, which could lead to long-term stiffness and damage.

In this workshop, you'll learn:

- How our work environment and tools can affect our posture
- How to reduce aches and pains using a holistic approach to our health
- Practical stretches to use during the workday to relieve tension in muscles and joints
- The importance of regular movement to our health

60 mins
£250 + VAT



PHYSICAL ACTIVITY

Delivered by the Vitality Coaches

Movement to Protect Your Bone, Muscle and Joint Health

60 MINS

To protect us as we get older, we not only need to fix any issues we already have, but also look at what could potentially be causing them in the first place.

In this workshop, you'll learn:

- How to use specific movement as a tool to prevent future issues
- What could cause aches and pains in the first place
- How to assess your own mobility to find out what you need to work on
- How to fix any issues you may already have
- A framework to integrate specific movements into your day to build long-term strength

**60 mins
£250 + VAT**

Delivered by the Vitality Coaches

Improving Your Cardio Fitness

60 MINS

Improved cardio fitness is not only associated with increasing your capacity to exercise for longer, but also has many health and wellbeing benefits.

In this workshop, you'll learn:

- What cardio fitness is and how it is measured
- Which factors affect cardio performance
- Key health benefits: reduced risk of heart disease and stroke; improved weight loss; reduced symptoms of depression; decreased risk of osteoporosis and improved cognition
- How to train and build a personal cardio fitness programme

**60 mins
£250 + VAT**

Delivered by the Vitality Coaches

Exercise and the Motivation Myth

60 MINS

We know that exercise has numerous health benefits, so why do so many of us struggle to get moving? With a few mindset tweaks you can start moving in the right direction.

In this workshop, you'll learn:

- That the 'excuses' we use to avoid exercise are valid and are not to be ignored
- How motivation impacts us and how it may not be the solution we think it is
- How to approach exercise in a more manageable and sustainable way

**60 mins
£250 + VAT**



PHYSICAL ACTIVITY

Delivered by the Vitality Coaches

Sleep Well, Perform Better

60 MINS

Poor sleep affects everything we do when we're awake. It can cause us to gain weight, become ill, and lower our concentration and productivity levels. That's why good sleep is the key to improving our overall health.

In this workshop, you'll learn:

- Health benefits of a good night's sleep - better physical, nutritional and mental wellbeing
- Science behind sleep, including sleep cycles and getting the right amount
- Easy strategies to improve your sleep and boost performance

60 mins
£250 + VAT

Delivered by the Vitality Coaches

Exercise Smarter: Staying Active with a Busy Schedule

60 MINS

Many of us struggle to find time to exercise. We think it takes too much time and effort to stay fit and healthy, so we often don't bother. But staying active may not need to be as time consuming as we think.

In this workshop, you'll learn:

- Why the modern portrayal of 'fitness' may be stopping you from reaching your health goals
- How to decide what you want to achieve from your physical activity and how that impacts what you do
- Ways to weave exercise into your daily routine

60 mins
£250 + VAT



Nutrition Workshops



Delivered by the Vitality Coaches

Eat Smart: Understanding Food Labels and Portion Sizes

60 MINS

We'll help you to make sense of confusing food labels, to make healthy eating easier. You'll also get simple tips on how to remove guilt from eating, to help you maintain healthy-eating habits.

In this workshop, you'll learn:

- How to effectively read food labels to make smarter food choices
- How to control portion size
- The marketing tricks that are used to convince you something is healthy when it really isn't
- Useful tips on how to save money on food
- Advice on how to eat guilt-free and make health eating a long-term habit

60 mins
£250 + VAT

Delivered by the Vitality Coaches

What the Body Needs

60 MINS

For anyone who wants to make sense of the contradictory media messages around diet, nutrition and health, and learn how to fuel the body in a healthy way.

In this workshop, you'll learn:

- The role nutrition plays on our health and performance
- More about day-to-day nutrition
- Ways to gain control and structure over food choices
- How to eat healthier without having to deprive ourselves
- How to avoid diet fads

60 mins
£250 + VAT



NUTRITION

Delivered by the Vitality Coaches

A Healthy Gut: Understanding and Improving Gut Health

60 MINS

We'll explore the intricate world of the gut microbiome to reveal how good gut health can help to increase your energy levels, strengthen your immune system and boost your mental health.

In this workshop, you'll learn:

- How the gut microbiome supports your overall health and wellbeing
- The signs, symptoms and causes of an unhealthy gut
- What probiotics and prebiotics are and how they promote good gut health
- Practical dietary and lifestyle tips to nourish and support your gut

60 mins
£250 + VAT

Delivered by SuperWellness

Healthy in a Hurry

60 MINS

For anyone who needs to frequently make food choices 'on the go' and struggles to properly nourish themselves and their familiar.

In this workshop, you'll learn:

- The key 'healthy eating' guidelines to keep in mind
- How to select healthy lunchtime meals and snacks no matter where you are
- How to plan quick and tasty lunch box meals at home

60 mins
£545 + VAT

Delivered by SuperWellness

Boost your Energy

60 MINS

Do you frequently wake up feeling drained or get hit by performance-sapping energy lows at certain points of the day? This session can help by teaching you how to revitalise your energy levels.

In this workshop, you'll learn:

- Strategies to boost your mental and physical energy levels
- Some practical tips to take you from worn-out to vibrant
- How typical daily habits leave your energy stores depleted
- How to do a personal energy audit to uncover your energy zappers and how they're affecting your health
- How to balance blood sugar levels to promote wellbeing
- How to make a personalised energy-boosting meal plan

60 mins
£545 + VAT



NUTRITION

Delivered by SuperWellness

Eco-Friendly Eating

60 MINS

We'll help you to make informed food choices that have less impact on the health of the planet.

In this workshop, you'll learn:

- Why sustainability is important, including a few stats and facts about our ecological footprint
- What 'eco-friendly eating' means for our food choices - from palm oil to dairy and the benefits of organic produce
- Why the food sector is so key to the environment
- How eating sustainably can boost your health
- 8 tips to help you and the environment, from eating seasonally to minimising waste

**60 mins
£545 + VAT**

Delivered by SuperWellness

Be Alcohol Savvy

60 MINS

For anyone thinking about cutting down, going alcohol-free or just wondering about the benefits of drinking less.

In this workshop, you'll learn:

- Effects of alcohol on your health
- Number of calories and units in different drinks (through a fun quiz)
- Estimates on how many calories you're 'drinking'
- Reasons why it's a good idea to drink less - and where to start
- How to make cutting down easier with our 3-stage action plan
- Useful tips on supporting liver health and ideas for alternative drinks

**60 mins
£545 + VAT**

Delivered by SuperWellness

Women's Health

60 MINS

We'll look at how women's health can be affected by a wide range of challenges at different life stages, from puberty to menopause.

In this workshop, you'll learn:

- Our evidence-based '10 step plan' to support hormonal health naturally
- How to manage inflammation and its impact on our hormones
- Why progesterone is important and how to boost our levels naturally
- How to support the healthy and effective detoxification of oestrogen
- Why digestive health is closely connected to hormone balance and how to improve it

**60 mins
£545 + VAT**



NUTRITION

Delivered by SuperWellness

Men's Health

60 MINS

We'll discuss the specific risk factors which men are most susceptible to, both in terms of their physical and mental health. This workshop will help both men and women to learn about the health risks men face and offer them ways to address them.

In this workshop, you'll learn:

- Importance of mental and emotional wellbeing
- The top risk factors, including heart health, male cancers, liver disease and diabetes
- Man flu is real - how to strengthen the immune system
- About male hormones and andropause
- Importance of sleep
- 10 practical tips for good health, including nutrients for men

60 mins
£545 + VAT

Who are the Vitality Coaches?



Jonathan Kibble
Head of
Exercise
and Physical
Activity

Jonathan (Jonny) is an experienced personal trainer and mobility specialist. He has trained a wide range of clients, from professional athletes to everyday folk in a commercial gym setting. Jonny now uses his coaching experience to help Vitality members improve their health and wellbeing.

Jonny's approach to health and fitness is down to earth, practical, and realistic. His approach centres around you, your lifestyle, and what's manageable for you. He also believes that mindset and mental wellbeing plays a huge part in our ability and motivation to exercise.

As a coach, Jonny knows it's important to lead by example and practice what he preaches! His current training routine consists of running, cycling, weight training, and Shotokan karate (he's a black belt!). A self-proclaimed jack-of-all-trades, but as Jonny always says, the most important thing is to do what you enjoy.



Andrew Isaac
Exercise and
Nutrition
Coach

Andrew is an experienced personal trainer and nutritionist. He came to fitness and wellbeing later in life, having previously led a less healthy lifestyle involving overeating, smoking and binge drinking.

At 40, Andrew has never been healthier or happier thanks to the lifestyle changes he has implemented over the years, but he understands how daunting it can be to start that journey. Andrew strongly believes education is better than dictation. If we understand our bodies and nutrition better, we understand the journey to the achieving our goals, and can get there by taking small steps and being consistent.

Outside work, Andrew trains 5 days a week in various activities, including weight training, running, Hyrox and yoga. He also teaches spin classes at his local gym.



Yetunde Bankole
Lead Mental
Health Coach

Yetunde is an experienced mental health nurse with experience in both inpatient and community clinical settings, as well as the tertiary education sector. She is also a qualified Mental Health First Aid England training instructor, and leads Vitality's Mental Health Champs.

Yetunde is passionate about wellness education and likes to focus on the practical things we can do day-to-day to improve and maintain our mental wellbeing. She understands many still find it uncomfortable to discuss the topic of mental wellbeing, so she likes to meet you where you're at and guide you to a place where you feel better equipped to open the conversation.

In her free time, Yetunde enjoys reading, watching the Harry Potter movies on repeat and going for long walks.



Silvia Cordoba Quintero
Mental
Health Coach

Silvia is an experienced psychotherapist with postgraduate training in Dance Movement Psychotherapy and 15 years of experience working in mental health and education.

Silvia believes we need to understand ourselves better to live healthier and happier lives and sees mental health as vital to everything we do as human beings. Silvia's approach is focused on the mind-body connection and how it relates to good mental health and emotional wellbeing, and she brings creativity into her practice as a tool for expression and communication.

Silvia is passionate about music, dance, yoga and of course psychotherapy.

Find out more.

To book a workshop, email us at wellbeingevents@vitality.co.uk with your Vitality plan name and plan number as well as your choices to get started. Be sure to book at least 6 weeks in advance.