



# Wellbeing at Work Course

Our one-day Wellbeing at Work course is designed for anyone who is interested in exploring practical strategies to improve wellbeing in their work environment. This course will teach you skills and practical tools that will help you increase overall wellbeing and productivity of yourself and your team.

## Introduction

Are you surviving or thriving at your workplace? Is your team showing up fully?

Join us on this one-day interactive training course where we will look at exploring practical strategies to understand and implement a holistic approach to wellbeing at work.

## Who would benefit from this course?

Our Wellbeing at Work course is designed for people who wish to develop a deeper understanding of how to build a resilient and mentally fit team. It is a must for anyone working within organisations in this remote and agile world, especially

managers and people leading teams.

## Classroom & Virtual Classroom Courses

We offer this course as a classroom based course and as a live, interactive online course.

Our classroom courses can be ran at our office in Manchester or at your premises anywhere in the UK.

Our online Virtual Classroom courses are available for people anywhere in the world with internet access. You will be able to see the trainer, their screen, be able to chat and ask questions, just like on our regular classroom courses.

## Private & One to One courses

We offer private group courses and one-to-one courses throughout the UK from £690 and Online From £590. Please email or call us with your preferred venue, number of delegates and any requests.

Small Class Sizes

5 Star Rated Course

Practice Led Learning

3 Months Online Support

Lunch Provided

Detailed Course Materials

Our interactive practical courses and learner centred approach, combined with small class sizes, provides the very best learning environment

Google

5.0 ★★★★★

“I really enjoyed the [course] and feel it has given me practical tools & strategies which I had the chance to use [on the course], and can now put into practice in the workplace.”

Science & Industry  
Museum



# Wellbeing at Work

## Course Outline

This course will teach you how to increase the overall wellbeing and productivity of you and your team.

### Course Objectives

- Gain valuable understanding into improving employee mental health
- Identify how you can create mentally healthy cultures
- Practice proven techniques to increase openness and an environment of support within your team
- Understand if your workforce is surviving? A surviving workforce has extremely low productivity and motivation levels, with higher rates of work-related mental health issues.
- Understanding of the types of wellbeing and a practical guide to improving this within your organisation

- Guidance and support to understand the support for neuro-diverse workforces
- Understanding sustainable methods of feedback and communication to improve overall work motivation

### Course Topics

- Self-awareness and self-compassion
- Building your own resilience
- Mindfulness and creating a safe space for your team
- Setting personal boundaries
- Stress management and effective time management
- Creative ways of taking care of self and team
- Understanding change and managing change
- Understanding your team's dynamics

and showing empathy

- Understanding wellbeing strategy and its practical implementation

### Outcomes

- Increase productivity
- Build an engaged team
- Reduce level of absenteeism
- Improve resilience of self and team
- Improve core skills for a healthy work culture
- Increase self-awareness and mental health awareness
- Build a positive mind-set and motivation

To book please see next page

Google

5.0 ★★★★★

“Really enjoyed the course and found it very helpful. The trainer had lots of advice to give.”

Alliance Automotive

For private courses the course content can be adapted to suit your requirements. Please contact us to discuss your requirements.



# Wellbeing at Work Course

## Why Choose M Training's Wellbeing at Work Training Course

- Run by an experienced trainer
- This course is limited to 6 places so you are guaranteed personal support throughout the day
- Available online and in convenient locations in Manchester, and Leeds
- We provide one to one and private group courses throughout the UK
- Course notes and support material
- Lunch & refreshments provided
- Certificate of achievement

## Private and One-to-One Courses

One-to-one and private group courses are available from £690 for a one day classroom course and from £590 for a private online course .

These courses are ideal if you cannot make one of the set course dates or if you want a more advanced course or different course outline/focus.

One-to-one and private group courses can be run anywhere in the UK, at our Manchester office or via Virtual Classroom online.

## How to book

**To book the 1 Day Wellbeing course, Simply send us an email or give us a call.**

**Or if you prefer, we offer private and In-House training on request.**

**Email: [info@mtraining.co.uk](mailto:info@mtraining.co.uk)**

**Call: 0161 226 6032**

**Or visit: [www.mtraining.co.uk](http://www.mtraining.co.uk)**

**We offer group booking discounts for two or more delegates.**

"I think Suzanne is a great trainer and always delivers an engaging session"

