

MENTAL HEALTH TARGETED COURSES FOR HEALTHY WORKPLACES LEICESTERSHIRE

COURSE TITLE	SUMMARY	DURATION	PARTICIPANTS	COST
5 Ways to Wellbeing	Learn about the 5 key activities that research has shown can boost wellbeing and good mental health	2 hours	Minimum of 6 participants	£124.00
Coping With Change	Consider the impact that change can have on wellbeing and learn strategies to cope with change positively	2 hours	Minimum of 6 participants	£124.00
Introduction to Mindfulness	Find out what mindfulness is, the benefits of mindfulness and learn some basic techniques for everyday use	2 hours	Minimum of 6 participants	£124.00
Introduction to Self-Care	Understand the benefits of self-care and identify ways to incorporate self-care into everyday life	2 hours	Minimum of 6 participants	£124.00
Positive Wellbeing Goals	Reflect on what helps to maintain your own wellbeing and develop a personal wellbeing action plan with small step challenges	2 hours	Minimum of 6 participants	£124.00
Sleep and Wellbeing	Discover the links between sleep and wellbeing, recognise healthy sleep habits and consider actions that may support improved sleep	2 hours	Minimum of 6 participants	£124.00
Understanding Stress and Resilience	Understand what happens during periods of stress, the signs to look out for and how to build resilience to help manage stress	2 hours	Minimum of 6 participants	£124.00
Understanding Motivation and Positivity	Increase awareness of the traits of motivation and positivity, their impact on wellbeing and reflect on approaches that could support the development of these traits	2 hours	Minimum of 6 participants	£124.00
Loneliness: Get Better Connected	Discover ways to connect with others in the local community and recognise practical skills that will support making positive connections	2 hours	Minimum of 6 participants	£124.00
Journalling for Wellbeing	Explore ways that keeping a journal (a more reflective type of diary) can be used as a mindful activity to problem solve and to manage stress and anxiety	2 hours	Minimum of 6 participants	£124.00