



TALK ABOUT HEALTH

COMMUNITY INTEREST COMPANY

COURSES TO IMPROVE STAFF HEALTH AND WELLBEING

MENTAL HEALTH

- Decrease stress
- Reduce presenteeism
- Lower absenteeism
- Promote wellbeing
- Communicate better
- Build resilient and high performing teams



HEALTH PROMOTION

- Prevent burnout
- Increase motivation
- Raise productivity
- Enhance work quality
- Boost morale
- Attract and retain the best talent

WWW.TALKABOUTHEALTH.CO.UK



WHY TALK ABOUT HEALTH CIC WAS CREATED

39% of staff have experienced poor mental health due to work

23% of staff have experienced poor mental health symptoms in the last month

59% of employees believe their organisation does not support mental wellbeing

There is a 12% higher productivity rate in employees who are happy at work

On average every £1 spent on staff wellbeing results in an £8 return in less presenteeism, absence and turnover

We believe everyone deserves access to the information they need to improve their health



If you would like to find out more please get in touch.

Our email address is contact@talkabouthealth.co.uk
or call 07597419535



WELCOME

OUR SERVICE

Talk About Health is a Community Interest Company. We are passionate about investing in your staff so you can improve health outcomes and build successful, resilient and high performing teams.

We know that your organization is unique which is why we offer complete flexibility in how our courses are delivered to best suit your needs. You can select from an online membership, live remote sessions or face to face training onsite. We can tailor our courses to suit you.

We have courses for all levels of staff and we provide a wide range of topics all in one place. Our courses are created and delivered by fully qualified licensed practitioners.

We want to work in partnership to benefit the wider community too. This is why we can optionally donate our youth programme to a school of your choice to help tackle health inequalities.

OUR HISTORY

Before creating Talk About Health CIC our founder Jade dedicated over 14 years to providing wellness programs in both the public and private sector. This work took place nationwide in supermarkets, prisons, government departments, private businesses, universities, colleges and schools. Her experience was gained through working with Public Health England, the NHS, the Royal Society of Public Health and an occupational health provider.

Understanding the key challenges faced, Talk About Health CIC was created to provide wellness solutions and training courses that are evidence based, effective, affordable and practical.

CONTENTS:

Mental wellbeing courses	p4
Health promotion courses	p6
Client feedback and FAQs	p9
Youth courses for schools	p11



WELLBEING COURSES



MENTAL HEALTH AND WELLBEING COURSES

TRAINING FOR MANAGERS

Supporting staff and reducing stress in your teams

59% of the UK workforce do not feel that their organisation does enough to support wellbeing in the workplace.

This workshop is designed to support managers in improving staff wellbeing outcomes. Managers will have time to think about their own health too, so that they can be in the best possible position to lead and support their team. In this course we will cover topics such as mental health awareness, reducing stigma surrounding mental ill health, identifying and reducing stress, understanding managerial duty of care, reasonable adjustments, how to have sensitive conversations and how to create a supportive and inclusive culture in the workplace.

Effective change management

33% of those who experienced mental ill health due to work cited the cause as organisational change being handled poorly.

Employers often have to implement changes to improve their service and stay relevant in today's fast moving society, however change is not always easy for staff.

This workshop aims to equip managers with the tools they need to support their team during periods of transition. They will understand why staff can have a negative response to change and implement changes in a more constructive way. We will cover MI techniques and positive behaviour change support to engage and motivate your team.

TRAINING FOR ALL LEVELS OF STAFF

Mental health awareness

Only 13% of staff feel that they can disclose their mental ill health to their managers.

This workshop enables employees to understand what mental health is and to create an action plan for promoting their own wellbeing. It aims to reduce the stigma associated with mental health problems by raising awareness of common conditions.

On this course we will discuss topics like having sensitive conversations, how to engage with support when it is required, how to reduce stress and build resilience and the evidence based effective coping mechanisms we can use to promote our wellbeing.

Reducing stress and building resilience

Only 7% of employees have received training on understanding workplace stressors.

If we experience too much stress it has a negative impact on our mental and physical health and work performance. Uncover how stress affects our body systems, develop helpful coping strategies and manage stress in a positive way. Understand the link between lifestyle choices and stress. We will practice resilience building techniques that

can be used during the working day.

Prevention and recovery from burnout

Burnout can have long-term health impacts with studies even suggesting that intense burnout alters long-term brain function, altering reaction time and processing skills.

Understand the causes of burnout, spot the signs and symptoms of it and create an action plan within your teams to prevent, reduce and recover from this condition.

HEALTH COURSES



SAMPLE OF OUR HEALTH PROMOTION COURSES

TRAINING FOR ALL LEVELS OF STAFF

The science of mindfulness

Mindfulness is an evidence based effective coping mechanism that can reduce stress, build resilience and improve both mental and physical health. This course introduces staff to what it is, it provides the science of why and how it is effective and demonstrates techniques they can practice within the working day.

Increasing physical activity in the workplace

Physical activity has been proven as an effective strategy for preventing and treating numerous physical and mental health issues as well as work performance outcomes. Discover how you can create a more active, engaged and productive workforce.

Nutrition for healthy weight management

Obesity has been linked to chronic long term health conditions that can lead to increased sickness and absence. In this workshop we support staff to lose weight in a healthy and sustainable way that promotes optimum health and wellbeing long term.

Eating for how we think, feel and function

What we eat has a huge impact on how we think, feel and perform during the working day. In this workshop we uncover how you can use nutrition to enhance your mood, energy and cognitive function to improve work performance and a better work life balance.

Men's health

We reflect on the pressures that men face in modern society and consider how we can support each other in the workplace. We hope to leave attendees feeling comfortable to seek help when they need it and feeling motivated to make healthy lifestyle choices.

Women's health and the menopause

Only 70% of women know what to expect when they reach the menopause and many women struggle in silence with a range of unpleasant symptoms that affect their wellbeing and performance at work. In these two courses we cover coping strategies for symptoms of menopause, body confidence, mental health and cancer awareness. These courses enable employers to understand the challenges faced in the menopausal years and to consider how staff can be better supported in the workplace.

Improve your sleep, rest and repair

1 in 3 UK adults struggle with insomnia, affecting work performance and absence levels. Sleep deprivation is a cause of stress, low resilience and poor health that affects work quality. What happens when we sleep? Why is sleep so important? Understand common sleep disorders and take home practical tips so you can sleep better and wake up feeling refreshed and energised.

Ageing well

As we age the risk of experiencing health conditions increases. Find out how you can slow the ageing process and look after your physical health and cognitive function.



SAMPLE OF OUR HEALTH PROMOTION COURSES

TRAINING FOR ALL LEVELS OF STAFF

Smoking awareness

Smokers have significantly greater absenteeism than non smokers, and absenteeism significantly declines following cessation. This course supports your employees to understand the health consequences of smoking, the benefits of quitting and to know where to go for support which will increase their chances of success.

Alcohol awareness

Even small amounts of alcohol can impact sleep, metabolism and cognitive function, all of which affect work performance. This course enables your staff to stay up to date with the key public health messages surrounding alcohol and to know how to access support if they require it.

Health through the season of Winter

Sickness and absence often increase during the winter months. Staff learn how to enhance the immune system to stay well, understand mental health changes like seasonal affective disorder. It can become harder to make healthy lifestyle choices in winter, so in this workshop we share our top tips for staying motivated.

Working better at home

More organisations are offering flexible working days and the option to work from home. This workshop equips staff to create a healthy work environment at home, know how to increase their productivity and how to stay connected with your team.

We update our courses regularly so that they are in line with current wellbeing research.

We add new courses to our site on a regular basis.



Successful, resilient team
Increased performance



Less sickness and absence
Increased job satisfaction



Higher energy levels
Increased motivation



FEEDBACK

The facilitator was AMAZING. She had a wonderful style of delivery. Even spending the hour with her teaching us about stress management was great for my stress levels itself! She was very calming, informative and friendly presenter, who used elements of humour and honesty to keep us engaged. I had preconceptions about what the session would be like but it by far exceeded them- it was the best wellbeing workshop I have been to.

She was so cheery and frankly, quite inspiring. The kind of person you would love to go for a coffee and a good old chinwag with. I felt so much better after the workshop, she cheered me up. This session provided really good handy hints in bite sized bits that could be practiced and internalised.

The trainer delivered one of the best presentations I have ever had. I am well into my 40s, so have had a few. She came across as enthusiastic, upbeat and full of positivity which contributed greatly to keeping me engaged with the session. She asked appropriate questions, picking up on as many replies as she could, clarifying points and offering positive responses.

Our trainer was eloquent and energised in the delivery of the material with a rare talent for getting people engaged and involved in a virtual space. Very interesting and useful session, really enjoyed! I also appreciated that the trainer had her camera on -gave the workshop more of a human touch.



FREQUENTLY ASKED QUESTIONS

PURCHASING THE COURSE

Can I purchase individual courses?

Absolutely! You do not have to sign up to a subscription. We can deliver any of our courses face to face onsite or live online to suit your requirements.

What are the benefits of purchasing the subscription service and accessing your online courses?

When you sign up for a subscription you can access all of our training content plus additional resources. You can access the courses at the time that suits you. There are no limits to the number of times that you can run a course. You will also receive new courses that we add and course upgrades instantly at no extra cost.

How do I purchase a course or subscription for my team?

Give us a call or drop us an email. We will take the time to understand your requirements and then we will get everything set up for you in the way that best suits your organisation. There are different levels of membership to choose from, based on the number of staff in your organisation who will access the courses.

Can we book courses for live events?

We can deliver any of our courses face to face onsite or live online. Give us a call or drop us an email and we will be in touch to discuss your requirements. Our courses are suitable for individual learning, small group workshops and large scale events.

How can we use the courses?

- New staff induction training
- Individual e-learning
- Team meetings
- Group workshops
- Health and wellbeing events
- Conferences



MAKE A DIFFERENCE

Your organisation can play a part in tackling health inequalities and provide opportunities for young people in your local community. We can optionally donate our Youth Health Ambassador programme to the secondary school of your choice.



YOUTH HEALTH AMBASSADOR COURSE

IMPROVING THE HEALTH AND WELLBEING OF YOUNG PEOPLE

What is the Youth Health Ambassadors scheme?

The Youth Health Ambassadors scheme is a student led health promotion programme for secondary schools. It offers young people the opportunity to learn about a wide variety of health topics. The students complete our training then act as positive role models and complete activities (such as leading assemblies and running health awareness events) for their peers.

What are the benefits for young people?

- Students volunteer to become Health Ambassadors.
- They will learn how to improve their health, they will grow in confidence and develop skills in leadership, team work and public speaking.
- They can use the experience when applying to future study and work opportunities.
- In the training they will cover topics such as mental wellbeing, resilience, nutrition, body confidence, physical activity, smoking and alcohol awareness.

What are the benefits to the school?

- The programme supports schools in prioritising student welfare alongside academic success.
- It can be used as evidence for awards like the Healthy Schools award.
- It can be showcased at open days and parents evenings.
- It improves the health and wellbeing outcomes for your young people.
- The scheme helps to tackle health inequalities.

What will the you receive?

We will provide all the tools, training and resources that the school needs to create a team of Health Ambassadors. We provide student marketing materials, training videos, activity ideas and a handbook for the school staff member that will be overseeing the scheme. Students are awarded certificates for completing the course.

We can donate this programme to a secondary school of your choice!



Students lead health activities in their school



There is the opportunity to develop leadership skills and grow in confidence



The peer led approach can help create a healthy positive culture for the whole school



The scheme can help improve wellbeing outcomes for young people



YOUTH HEALTH AMBASSADOR PROGRAMME

IMPROVING THE HEALTH AND WELLBEING OF YOUNG PEOPLE What are the topics covered in the programme?



Reducing stress and building resilience



Physical activity



Sleep, rest and repair



Alcohol awareness



Mental wellbeing



Body confidence and self esteem



Nutrition



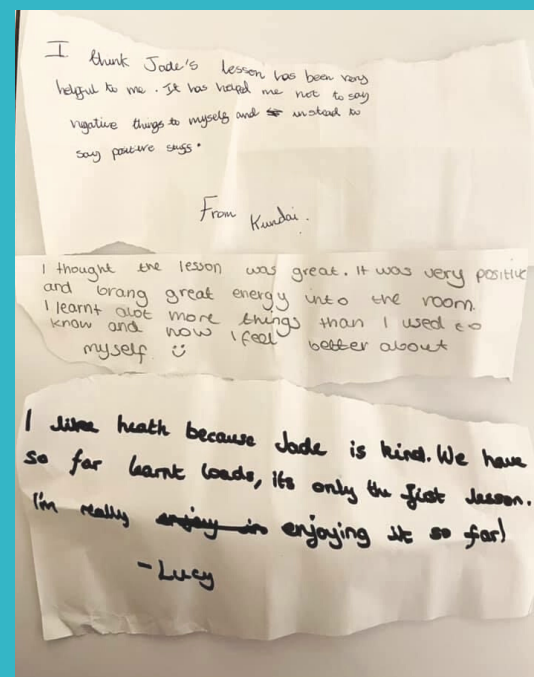
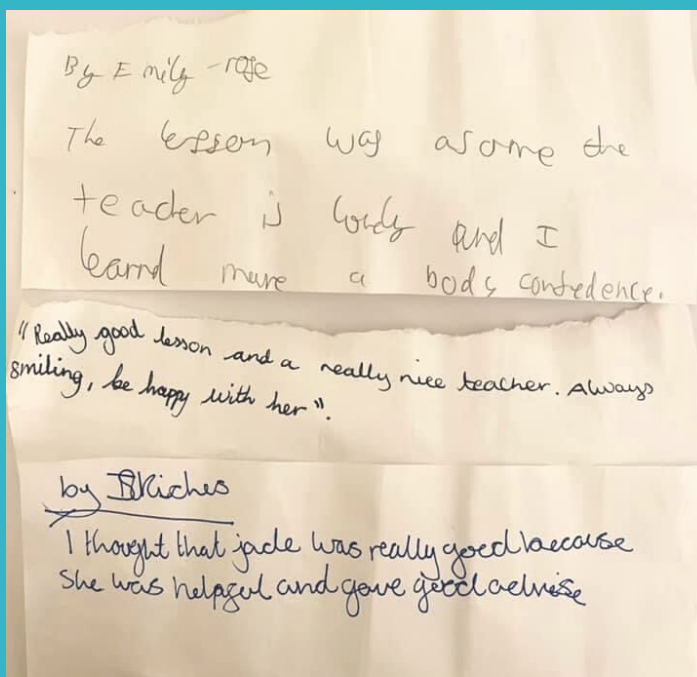
Smoking awareness

How can we use the programme?

The course can be used to create a team of Health Ambassadors or alternatively the training videos can be integrated into your school community in other ways. For example:

- All students can complete the course as part of the health curriculum
- Students in leadership positions may wish to complete the course (for example, prefects, heads of house or sports team leads) to complement their roles within the school
- More senior students may complete the course to support their younger peers

FEEDBACK





CONTACT US:

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Tel: 07597419535

Email: contact@talkabouthealth.co.uk
