

## The Virtual Wellbeing Academy

Faced with unprecedented uncertainty and change, people at every level of an organisation are being challenged to adapt. Leaders are steering their way forward through uncharted territory; managers are looking for new ways to support and motivate their teams; and individuals are learning to work remotely as they tackle both personal and professional challenges.



To support your people to continue to thrive, we have brought together a collection of impactful programmes and resources. These highly engaging sessions combine deep insight with practical tools and techniques. We have focused on the priority areas to best support the wellbeing of working people during this time:

- **Wellbeing**  
Optimise physical, emotional and mental wellbeing
- **Resilience**  
Bounce back and keep going in challenging times
- **Financial wellbeing**  
Take control of your finances
- **Mindfulness**  
Cultivate awareness, calm and focus

Delivered by highly experienced facilitators, these sessions are available in two formats:

Virtual Classroom	Webinar Events
For up to 20 delegates	For up to 100 delegates
<ul style="list-style-type: none"> <li>● Individual workbooks</li> <li>● Time to share ideas as a group</li> <li>● Breakout rooms (for longer sessions)</li> <li>● Feedback on key learnings</li> <li>● Interactive elements e.g. online polls</li> </ul>	<ul style="list-style-type: none"> <li>● Live facilitated delivery</li> <li>● Individual workbooks</li> <li>● Interactive elements e.g. online polls</li> <li>● Live Q&amp;A sessions</li> </ul>

For further details about any of the Virtual Wellbeing Academy programmes, just get in touch: [info@thewellbeingproject.co.uk](mailto:info@thewellbeingproject.co.uk)

## Wellbeing

Optimise physical, emotional and mental wellbeing



**Remote working:** Learn how to thrive, keep connected and stay motivated when working remotely.



**Energise:** Build daily habits and rituals to optimise your physical and mental energy throughout the day.



**Nourish:** Learn how to use healthy nutrition to bolster your immunity and fuel your performance.



**Strike a balance:** Learn how to identify key priorities, optimise your time, and restore balance.



**Sleep soundly:** Build awareness of your own sleep patterns and explore proven solutions to relax and sleep peacefully.



**Digital wellbeing:** Take back control and build healthy tech habits.



**Stress less:** Learn practical tools, tips and strategies to take back control of the demands on your life and reduce stress.



**Mindfulness:** Experience a powerful antidote to the fast-moving, distraction-filled world of high stress and challenge.



**Bounce back:** Discover how to maximise your own levels of resilience and help others to do the same.



**Drive:** Discover what motivates and drives you and build unparalleled levels of self-belief and confidence.

## Resilience

**Bounce back and keep going in challenging times**

### Resilience Bursts

Dive into the 5 pillars of resilience with these short, sharp and engaging bursts of resilience.



#### Energy

Reduce the risk of burn-out and illness embracing the key principles of physical resilience.



#### Future Focus

Experience the power of future focus – knowing what you want and being in control of how you get there.



#### Inner Drive

Realise unparalleled levels of self-confidence and inner drive.



#### Flexible Thinking

Adapt to uncertain and challenging times by thinking more positively, laterally and flexibly than you ever thought possible.



#### Strong Relationships

Understand the crucial importance of strong relationships and how to significantly improve them.

### Leading for resilience

Lead the way for healthy high performance - become a role-model for resilience and nurture a remote working environment of healthy high performance.

### Resilience coaching

Our highly skilled coaches work 1-2-1 with individuals to transform the way they feel, overcome challenges and build the high performing behaviors and thinking styles that unlock the best results.

### Resilience assessment

Enhance your resilience programme with individual Wraw resilience snapshot assessments and reports.

### Resilience toolkits

Packed full of tried and tested resilience building techniques, our toolkits dive deeper into each of the 5 pillars to further embed the learning.

## Financial Wellbeing

Take control of your finances



Financial security is a fundamental aspect of wellbeing. Yet almost 1 in 3 (29%) workers are concerned about their level of personal debt. In uncertain and unpredictable times, worries about money become an even greater cause of stress and anxiety.

Our tailored selection of financial wellbeing programmes give the knowledge and confidence to take back control of your finances.

### Financial wellbeing on a reduced income

- Reduce expenses and develop a personalised financial plan to manage on a reduced budget

### Dealing with debt

- Learn how to tackle debt and access the organisations and networks there to support you

### Finances through redundancy

- Find out how to put together an emergency budget and access the support you need

### Financial sustainability

- Consider your long-term financial choices and rethink your buying choices

### Rethink your spending

- Learn how to get good value for money and apply practical strategies for making effective decisions about your spending

### Financial coaching

- Get tailored support from an expert financial coach

## Mindfulness

Cultivate awareness, calm and focus



A powerful practice for combatting stress and boosting performance, mindfulness has been adopted by leading organisations around the world. Mindful Moments is a series of short, engaging sessions that combine the latest research with mindfulness techniques to foster a lasting practice.

### Mindful Moments

#### 1. Introducing mindfulness

- Step out of autopilot and build greater awareness, focus and presence

#### 2. Monkey mind

- Get to know your mind and take control of your thoughts

#### 3. Mindful movement

- Re-integrate body and mind to experience greater calm and physical awareness

#### 4. Working in the moment

- Learn mindfulness techniques to destress and foster focused attention

#### 5. Mindful relationships

- Deepen relationships, cultivate connections and find the opportunity in the uncomfortable

#### 6. Mindfulness at home

- Build mindfulness into the everyday to switch off, relax and rebalance

#### 7. Mindful leadership

- Cultivate the qualities of mindful leadership