

The Virtual Wellbeing Academy



Flourish

Optimise physical, emotional and mental wellbeing

Our virtual wellbeing programme has been designed to help optimise your physical, emotional and mental wellbeing, dramatically improving your quality of life.

With 13 impactful sessions to choose from, you can tailor a programme to the exact needs of different audiences within your organisation. The sessions are short, sharp, highly engaging and packed with tools, tips and strategies that can be put into practice straightaway at work and at home.

Here are our current programmes:

- Working well remotely
- Energise
- Nourish
- Strike a balance
- Sleep soundly
- Digital wellbeing
- Stress less
- Mindfulness
- Bounce back
- Drive
- Beating burnout
- Supporting working parents
- Emotional wellbeing

Flourish group sessions last **60 mins**, are suitable for **all employees**, and can be delivered in **two formats**:

Virtual Classroom	Webinar Events
For up to 20 delegates	For up to 500 delegates
<ul style="list-style-type: none"> • Individual workbooks • Time to share ideas as a group • Breakout rooms (for longer sessions) • Feedback on key learnings • Interactive elements e.g. online polls 	<ul style="list-style-type: none"> • Live facilitated delivery • Individual workbooks • Interactive elements e.g. online polls • Live Q&A sessions

Working well remotely



Course Overview

Working remotely can present challenges – boundaries blur; connection and communication become more complex; focus and motivation falter. Equipping your personnel with tools and techniques to support their wellbeing ensures everyone continues to feel empowered, engaged and energised in their role.

Course Outcomes

- Access the latest research into remote working
- Structure your day to sustain maximum engagement
- Apply the 5 pillars of resilience to sustain healthy high performance
- Discover top tips and solutions to stay connected as a team

Energise



Course Overview

Do you often feel tired in the morning, get that post lunch lull or collapse on the sofa exhausted when you get home at night? If so, this session is for you. Find out how you can maintain high energy levels, feel positive in a busy working environment, and still have energy left over to spend with your family and friends.

Course Outcomes

- Optimise your physical energy through small, meaningful changes to your daily routine
- Cultivate positive mental energy and understand the role of 'reward' circuitry
- Build daily habits and rituals which foster sustained energy renewal

Nourish



Course Overview

Nutrition has a massive impact on our physical and emotional wellbeing. But, bombarded with conflicting and confusing information, it can be hard to know which approach is best. Nourish busts those marketing myths and gives you the information you need to make the choices that are right for you.

Course Outcomes

- Use nutrition to function at your personal best in all aspects of your life
 - Sort out the 'noise' around nutrition
 - Discover the foods that will bolster your immunity
 - Make healthy nutrition a sustainable way of life
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Strike a balance



Course Overview

As many of us stretch ourselves further to accommodate the 'drumbeat' of life we dangle close to tiredness, exhaustion and burnout. Work-life balance for many is now work-life integration as we spin plates to keep everyone happy and try to fit everything into the day. This workshop will help you to identify key priorities and develop clear strategies to enable a rounded and fulfilling life.

Course Outcomes

- Gain the awareness you need to restore a greater sense of balance
- Understand how to optimise your time and organise tasks and priorities
- Identify the key steps of successful delegation

Sleep soundly



Course Overview

Discover why sleep is so important for your cognitive function, mental fitness and general health and wellbeing. During this workshop you'll be able to identify habits and behaviours which may be affecting your sleep pattern and explore some proven solutions to help you relax and sleep peacefully.

Course Outcomes

- Learn how restful, refreshing sleep contributes to your wellbeing
- Identify habits and behaviours that may be impacting on your sleep
- Lay the foundations for good quality sleep – every night!

Digital Wellbeing



Course Overview

In an 'always on' culture the boundary between work and home life is blurred, relationships are impacted, and sleep is interrupted. This workshop builds awareness of how we use technology and offers practical tips and strategies to take back control.

Course Outcomes

- Learn the latest research on technology usage and dependency
- Increase awareness of your own tech habits and the impact they are having
- Learn key tools and techniques to proactively manage technology

Stress less



Course Overview

No one can deny that we are living in demanding and stressful times and the risks of becoming overanxious, stressed and exhausted are high. Come along to this workshop and get lots of practical tools, tips and strategies to reduce stress and take back control.

Course Outcomes

- Understand the stress response and what might trigger yours
- Identify and challenge unhelpful thought patterns in order to nip stress in the bud
- Build your own Stress Less toolkit using our simple and effective tools and techniques

Mindfulness



Course Overview

Transport For London reported a 71% drop in days off related to stress, anxiety and depression after introducing mindfulness programmes. Attend this workshop and discover a meaningful antidote to the fast-moving, distraction-filled world of high stress and challenges.

Course Outcomes

- Discover how mindfulness calms the brain
- Learn how to be in the 'now' as an antidote to everyday pressures and stress
- Build more mindfulness into your everyday life with simple practices

Bounce back



Course Overview

Resilience is the ability to bounce back from adversity, steer calmly through challenges and remain focused during times of pressure, change and uncertainty. The good news is that resilience can be learnt. Bounce Back will educate, empower and inspire you to maximise your own levels of resilience and help others do the same.

Course Outcomes

- Use the mood elevator to maximise your bounce and access good quality thinking
 - Practice real-time resilience by taking care of your 'self'
 - Create a daily ritual to build inner strength, focus and confidence
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Drive



Course Overview

Drive has been created to increase your self-motivation and inner drive. Find out what motivates and drives you, what gives you a sense of purpose and how you can build unparalleled levels of self-belief and confidence.

Course Outcomes

- Identify what motivates and drives your performance
- Get back on track by tuning into what gives you a sense of purpose and meaning
- Access the most determined, driven and effective version of you!

Beating burnout



Course Overview

According to Gallup in 2018, 76% of employees sometimes experience burnout, impacting not just their mental and physical health but also performance, motivation and confidence. Beating Burnout gives employees the understanding and knowledge they need to take control of stress and manage the risk of burnout.

Course Outcomes

- Understand the causes of burnout and your individual risk factors
 - Recognise the symptoms and signs of burnout
 - Step out of stress and put positive coping strategies into practice
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Supporting Working Parents



Suitable for: Parents, parents-to-be and caregivers

Course Overview

As working parents try to stay on top of both their career and home life, many are experiencing high levels of stress and strain. This programme has been specifically designed to give parents, parents-to-be and caregivers in the time of Covid-19 the support they need to proactively manage challenges and continue to perform at their best.

Course Outcomes

- Share challenges and learning from being a working parent during Covid-19
- Build motivation and self-belief as you acknowledge your accomplishments
- Explore and understand your key values and motivators
- Manage the internal guilt you face as a working parent
- Take steps to build healthy work-life boundaries
- Build resilient habits that support both your work and personal life
- Develop a personal action plan

Emotional Wellbeing



Course Overview

In the face of ongoing uncertainty and disruption, emotional wellbeing can suffer. Over time, stress and strain builds up, and our capacity to cope with the day-to-day challenges diminishes. Designed by our team of business psychologists, Emotional Wellbeing fosters a deep understanding of how to care for our emotional life. Using proven models and techniques, it builds a greater awareness of emotional states and improves our capacity to support both ourselves and others.

Course Outcomes

- Gain greater awareness of your emotional states
- Build insight into what drives your emotions
- Learn how to regulate, and not repress, your emotions
- Develop enhanced social skills through empathy and active listening