



At HeadStrong Training, we partner with businesses and schools who are genuinely interested in investing in the health and wellbeing of their team and understand that this involves many aspects including psychological, physical, emotional and financial wellbeing. HeadStrong Training offers assessment, training and consultancy services specialising in mental wellbeing, stress management and resilience. We understand that every organisation is different and we can tailor our services to meet your needs.

Resilience and Wellbeing Survey	In House Training	Remote Online Training
<p>This business profiling tool is based on nine foundations of wellbeing and can be used to assess your organisational wellbeing and see how well your team are looking after themselves and how they view their workplace wellbeing.</p> <p>The information from the profile can be used to:</p> <ul style="list-style-type: none"> • Address specific training needs for wellbeing, stress and mental health • Aid you in defining a wider wellbeing strategy • Track changes and measure impact to subjective wellbeing and resilience of your team over time <p style="text-align: center;">Reporting</p> <p>Reports are created from the profile to provide insight into workplace and staff wellbeing enabling you to design the most appropriate interventions to support your staff.</p> <ul style="list-style-type: none"> • Board Reports • 3 hour senior leaders debrief • Individual Reports +/- 30 minute debrief 	<p>Our comprehensive CPD certified training has been developed to provide people with information that they can apply to promote positive mental health and wellbeing in themselves and their teams creating more productive and happier individuals and workforces.</p> <p>The training addresses:</p> <ul style="list-style-type: none"> • Definitions of mental health and wellbeing • Stress and how to manage it • Resilience and how to build it • Emotional Intelligence • Communication • Techniques and strategies to manage stress, promote positive mental health and enhance wellbeing • Self-care techniques using the nine foundations of wellbeing <p>To ensure that your teams get the most benefit from the training, follow on sessions are recommended.</p> <ul style="list-style-type: none"> • Follow up half day reinforcements • Overview training for ALL staff • Follow up 45 minute reinforcement sessions 	<p>Designed to be accessible to anyone anywhere and to make online training more manageable, we have condensed our comprehensive training into bite size chunks giving you all the tools you need to manage stress, build resilience and enhance emotional wellbeing. This includes:</p> <ul style="list-style-type: none"> • 2 hour Workshops • Small Group Coaching Follow Up • Follow up 45 minute webinars <p style="text-align: center;">Masterclasses</p> <p>Designed as part of a training day or when time is limited, we have condensed our comprehensive training to provide the essentials to mental health and wellbeing including:</p> <ul style="list-style-type: none"> • An overview of mental health and wellbeing • Introduction to stress and resilience • Emotional Intelligence • Communication • Remote Working strategies • Self-care techniques using the key foundations of wellbeing

<p style="text-align: center;">Bite Sized Online Training</p> <p>Based on the key foundations of wellbeing, this enables larger teams to access short videos in their own time to learn more about how to promote their own wellbeing. Lessons include:</p> <ul style="list-style-type: none"> • An overview of mental health and wellbeing • An overview of stress and how to notice signs and symptoms • An over of resilience and how to build it • Emotional Intelligence • Communication • Self-care techniques using the nine foundations of wellbeing. <p style="text-align: center;">Mental Health First Aid</p> <p>More and more businesses are training staff to become Mental Health First Aiders. Mental Health First Aid (MHFA) training will give you the skills and confidence to spot challenges and be able to signpost.</p> <p style="text-align: center;">Keynotes</p> <p>Engage, inspire and educate your team with bespoke presentations that can share how our founder overcame chronic illness caused by stress and more.</p>	<p style="text-align: center;">One to One Services</p> <p>You may already have an Employee Assistance Programme and it may be that your staff aren't accessing it. We also provide individual virtual therapeutic and coaching services via our highly trained and insured associates.</p> <p style="text-align: center;">Physical Health and Activity</p> <p>Physical health is paramount for mental and emotional health. Whether you need a fitness class or wellbeing workshop, our highly trained and qualified experts can help. Exercise classes include:</p> <ul style="list-style-type: none"> • Yoga • Chair Yoga • Deskercise • HIIT • Strength and Conditioning • Personal Training (121 and Group classes) • Mindfulness Workshops • Breathwork Workshops 	<p style="text-align: center;">Physical Wellbeing Workshops</p> <p>Discover the power of breathing techniques and mindfulness that can help give you the power to live your life to its full potential. Learn how these techniques can benefit the mind, enhance physical performance and improve resilience to illness.</p> <ul style="list-style-type: none"> • Mindfulness • Breathwork <p style="text-align: center;">Financial Wellbeing Workshop</p> <p>Financial wellbeing is often overlooked and not talked about yet financial stress is often a leading cause of stress in general. Equip your team with the tools and knowledge they need in this FREE workshop with our highly qualified and accredited Financial Advisor.</p> <p style="text-align: center;">Bespoke</p> <p>Because we are experts in mental health and wellbeing, you can tell us what you need and we can work in partnership with you to deliver it how you want it.</p>
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