



Health

Together, let's raise health awareness across your team

WELLBEING SEMINARS, WORKSHOPS
AND TRAINING COURSES

Learning the value of good health and wellbeing empowers both people and business alike. Our seminars, workshops and training courses are designed to help build awareness and through education help employees become the best version of themselves.



Putting wellbeing at the heart of your organisation

Whether our focus is sleep, nutrition, cancer, menopause, stress, anxiety or something else, we all have a responsibility to look after our own and others' health and wellbeing. Promoting and supporting all aspects of your employees' wellbeing to help them flourish and reach their potential is at the heart of our range of seminars, workshops and training courses.

At the centre of every team is a leader or a line manager, juggling responsibilities and supporting those around them. Our courses help them learn to be capable, confident and connected across a range of wellbeing topic areas, so they in turn can help unwrap the value of health and wellbeing across your organisation.

“Improving line managers’ people management capabilities is listed in the top five ‘people’ priorities for organisations.”

‘LEARNING AND SKILLS AT WORK’, CIPD, 2021

Getting started is simple

Combine our wellbeing seminars, workshops and training courses to complement your existing wellbeing programme. Or speak to your account manager or one of our wellbeing consultants for inspiration.

Seminars

delivered by a physiologist or mental health specialist

Seminars and workshops

delivered by AXA Health clinicians and specialist third-party providers

Training courses

delivered by our in-house specialists

Seminars

Delivered by a physiologist or mental health specialist

Subject	Delivered by	Audience
Working well wherever you are	●	👥
Physical activity and health	●	👥
Heart health	●	👥
The power of food	●	👥
Nutrition for immunity and gut health	●	👥
Leading a healthy lifestyle	●	👥
Diabetes awareness	●	👥
Making change last	●	👥
Shift work – survive or thrive	●	👥
Cancer awareness	●	👥
Men’s health	●	👥
Women’s health	●	👥
Understanding menopause	●	👥
Sleep your way to better health	●	👥
Developing your toolkit	●	👥
Mental health and stress management in the workplace	●	👥
Stress management in the workplace for leaders	●	👤
Positive coping	●	👥
Unlock your H.E.R.O and be the best you	●	👥
Be resilient and flourish	●	👥

Delivered by

- Physiologist
- Mental health specialist
- AXA Health Dietitian or Nutritionist

Audience

- 👤 Managers, leaders and health champions
- 👥 All employees

Seminars
delivered by a physiologist
or mental health specialist

➔

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Working well wherever you are

WELLBEING SEMINAR

Adapting to change can be a challenge. Alterations to our usual routine can often throw our lives out of balance, and unhealthy behaviours may begin to creep in.

Attendees will learn how best to support themselves during times of change. By increasing their understanding of their physical work set up, and mental wellbeing and lifestyle factors such as diet, sleep and exercise, they can understand how to work well, wherever they are.

Learn about:

- How the work environment may impact mental wellbeing and how to overcome loneliness
- The importance of resilience and how to build it
- Understanding how to remain active, whatever the environment
- How to set up your workstation to avoid muscular aches and pains, if working from home
- How to best manage lifestyle factors including exercise, nutrition and hydration.

Next, contact your account manager for more information.

Or, if you're new to AXA Health, contact us on **0141 245 4010** or at wellbeing@axahealth.co.uk

¹A recording of the event will be available for you to watch and share for up to three months afterwards.

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IDEAL FOR
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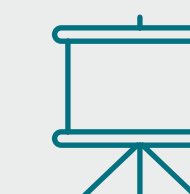
DURATION
1 hour



DELIVERY
onsite or webinar



NO. OF PEOPLE
unlimited (onsite)
up to 1000 (webinar)¹



ROOM NEEDS
theatre-style seating,
PowerPoint facility



HOSTED BY
an AXA Health
physiologist



Health

Physical activity and health

WELLBEING SEMINAR

Moving more in everyday life can lead to many positive long-term and short-term health benefits. Yet many of us struggle to be as active as we should. Jam-packed diaries, lack of motivation or not enjoying the activity we have chosen are common reasons for this.

But keeping physically active needn't be as difficult as we think, and this webinar will help show your employees how they can easily build enjoyable activities into their everyday life – without needing to make big changes.

Learn about:

- The concept of 'health span' vs lifespan
- The current UK recommended guidelines for good physical and mental health
- The importance of muscles in helping ensure our body functions correctly
- Loss of muscle mass and its impacts on our level of independence
- Tips on how to build physical activity into our everyday lives.

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Health

Heart health

WELLBEING SEMINAR

Did you know that the heart pumps over 9,000 litres of blood around your body each day? The heart muscle is probably the single most important organ in your body. If it stops working, so do we. Its ability to function effectively has wide-ranging impacts on how physically capable our bodies are during our lifetime, and many of our lifestyle choices play a key role in the longevity of our heart health.

The good news is it's never too late to turn things around. Learn how small changes can help your employees to lower their risk of cardiovascular disease.

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The power of food

WELLBEING SEMINAR

With so much new information available on nutrition, it feels harder than ever to know what foods can provide us with all the necessary nutrients we need in our day-to-day lives. Good nutrition can help unlock health benefits both now, and in the days to come.

This session goes back to the nutritional foundations that will provide your employees with the information they need to understand and improve their own nutrition.

Learn about:

- The science behind weight management
- What nutrients are and where to find them
- Important aspects of meat and plant-based diets
- Strategies to make nutritional changes easier.

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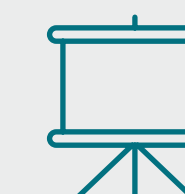
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Health

Nutrition for immunity and gut health

WELLBEING SEMINAR

Good nutrition is the key to a strong immune system and healthy gut. The gut has many roles in our body, from digestion, to supporting our immunity, to how our moods are affected. Not only that, the gut is also home to more than 100 trillion microorganisms, which all have varied uses in supporting our heart and brain health, as well as reducing the risk of disease.

Research has even shown that inadequate nutrition can reduce employee performance by up to 20%¹, with poor nutrition being directly linked to absenteeism, low morale and a higher workplace accident rate.

In this session, your employees will learn how better nutrition can support good gut health, immunity and reduce the risk of illness, for themselves as individuals and for wider awareness through colleagues and families.

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¹[Poor workplace nutrition hits workers' health and productivity, says new ILO report.](#)

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HOSTED BY
AXA Health Dietitian
or Nutritionist



Leading a healthy lifestyle

WELLBEING SEMINAR

Most of us like to think we live reasonably healthy lifestyles. But there's always more we can do.

Our health is one of the key things that enables us to tackle life capably and independently. What do you think is the best predictor of a long and healthy life? With seemingly few guarantees when it comes to our health, it can be difficult to predict what might work for us.

During this seminar we'll help your employees understand what it means to be healthy and how they can achieve this for themselves.

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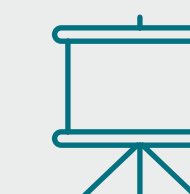
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HOSTED BY
an AXA Health
physiologist



Diabetes awareness

WELLBEING SEMINAR

There are almost 5 million people in the UK suffering from diabetes¹ and over 13 million more at risk of prediabetes². A person's risk of type 2 diabetes is influenced by lifestyle factors including a lack of exercise, poor nutrition and obesity.

And when it comes to a complex condition like diabetes, there's so much information out there that it can be hard to know fact from fiction. But learning how to manage your lifestyle, and reduce your risk, doesn't need to be complicated.

This session will raise awareness of diabetes and its health implication amongst your employees, helping them learn practical lifestyle changes to reduce their risk of diabetes in the future.

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¹[Diabetes statistics | Professionals | Diabetes UK](#) ²[Prediabetes | Diabetes UK | Reduce risk type 2 diabetes](#)

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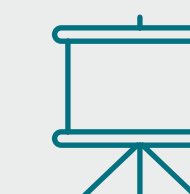
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AXA Health
Physiologist



Health

Making change last

WELLBEING SEMINAR

We know that changes happen throughout our lives and although they can be challenging at times, they can lead to rewarding outcomes. However, we also know that making changes can be difficult to implement, and hard to maintain.

We'll each have reasons and goals to want to make change in our lives, and this is what motivates us to act. But making change last takes effort, commitment and requires us to think differently than we may have done previously.

This informative and interactive session will provide attendees with the knowledge and confidence to make health-benefiting adjustments that last a lifetime.

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an AXA Health
physiologist



Health

Shift work – survive or thrive

WELLBEING SEMINAR

Everything from the quality of sleep to the way the body reacts to food can be affected by abnormal working hours. But shift work doesn't have to put your employees' health at risk. There are ways of making it work.

From small changes to lifestyle and behaviours, to tips for getting the best sleep possible, this seminar will provide guidance and support to help your employees understand how they can reduce the physical and mental impact of shift work.

Learn about:

- The 'sleep-wake' cycle
- How 'sleep debt' affects body and mind
- How to get the best sleep – whenever you go to bed
- How to lead a healthier lifestyle during shift work.

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DURATION
1 hour



DELIVERY
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Health

Cancer awareness

WELLBEING SEMINAR

One in two people in the UK will be diagnosed with cancer in their lifetime.¹ On this basis, it's likely that all of us may be affected by cancer in some way, either directly or indirectly.

A cancer diagnosis can be as life changing as it is devastating. And, whilst we hope we'll never need it, it's important that we equip ourselves with good awareness and knowledge of this complex disease.

What things should we be aware of? Is cancer entirely genetic? What could we do to reduce our risk of cancer overall? This seminar will help your employees improve their understanding.

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¹Cancer Research UK, www.cancerresearchuk.org/health-professional/cancer-statistics/risk, accessed August 2022.

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DURATION
1 hour



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Men's health

WELLBEING SEMINAR

Men have a lower life expectancy than women.¹ But it isn't always down to genetics. Risky health behaviours, not knowing the symptoms and avoiding the GP are just some of the other reasons. It's time to make a change.

For men, recognising the signs of ill health, whether physical or mental, and taking steps to improve their lifestyle can make a big difference. In addition, extending this important conversation to everyone will play a critical role in seeing change happen. Therefore, we encourage and warmly welcome both men and women to attend this webinar.

Learn about:

- What makes men healthy
- The most common conditions that affect men – from heart disease to certain types of cancer
- Signs and symptoms to look out for
- The changes men can make to stay healthy and help prevent disease.

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¹ www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/lifeexpectancies/bulletins/nationallifetablesunitedkingdom/2018to2020

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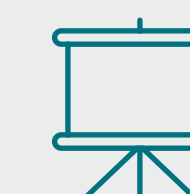
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Health

Women's health

WELLBEING SEMINAR

Our physical and mental health fluctuate throughout our lifespan, which can bring about changes to how we feel, behave and think. But how do we know when these changes are symptoms of a health concern or just a natural part of life?

This seminar will raise awareness of signs and symptoms of women's health concerns and explain what strategies to put in place to counteract them, helping women to lead a happy and healthy life. We encourage and warmly welcome both men and women to attend this webinar.

Learn about:

- Current women's health statistics
- Signs and symptoms of key health issues affecting women today, including female-only cancers, menopause and mental health
- Preventative measures we can adopt to promote good health and wellbeing.

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IDEAL FOR
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1 hour



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Health

Understanding menopause

WELLBEING SEMINAR

It's important to recognise that no two people will experience menopause in the same way, including what symptoms may be experienced, or how that can impact life.

By understanding the changes that occur, your employees can be better prepared for this part of life, making it easier to embrace. In addition, extending this important conversation to everyone will play a critical role in seeing change happen. Therefore, we encourage and warmly welcome both men and women to attend this webinar.

Learn about:

- What the menopause is, when and why it happens
- Symptoms to look out (Hint: there are more than you might think!)
- Strategies to help manage menopause symptoms
- Supporting ourselves and others.

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Sleep your way to better health

WELLBEING SEMINAR

Sleep is one of the body's incredible ways of protecting our physical and mental wellbeing, so it's important that we make sure we're doing what we can to sleep well on a regular basis.

We can all have a good or bad night's sleep, but it can be a difficult task navigating all the information out there on how to sleep well. With the tools to understand how poor sleep is affecting them, your employees will be in a better place to do something about it.

Learn about:

- Why we really need sleep
- How much sleep we actually need
- What long-term poor sleep can do to both our body and mind
- Top tips on how to get a better night's sleep.

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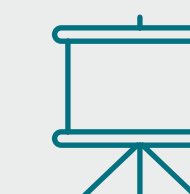
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Developing your toolkit

WELLBEING SEMINAR

Our mental health makes up a significant part of our overall wellbeing. Therefore, taking care of our mind is just as important as looking after our physical body.

It's essential for your employees to understand how to best keep themselves healthy and happy, by building a toolkit complete with protective factors, and learning how to overcome the problems they face – so that they can have fulfilled and enjoyable lives.

Learn about:

- How to define mental health and wellbeing, and what this means to each of us
- Different ways to look after our mental health, including the 'Five Ways to Wellbeing'
- How to develop resilience, and understand mindful practices
- Top tips and skills to build our own personal toolkit.

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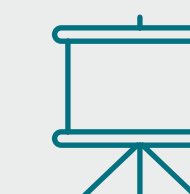
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Mental health and stress management in the workplace

WELLBEING SEMINAR

Work is a central part of our lives, and it's important to understand how the workplace can influence our mental health and wellbeing. Whilst stress can be beneficial to us by pushing us forwards and encouraging progression, if unmanaged in the long term, it can have a range of detrimental effects on our body and mind.

Having methods and practical tools to maintain positive wellbeing can help your employees feel supported in ways that can enhance their overall wellbeing and productivity.

Learn about:

- An overview of mental health and why it matters
- What stress is and how to identify it
- Tools and techniques to enhance our mental health, manage stress, and create a safe, healthy workplace
- How both employees and managers can initiate healthy conversations.

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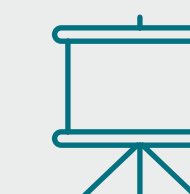
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Stress management in the workplace for leaders

WELLBEING SEMINAR

Organisations perform better when their employees are healthy, motivated and focused. As leaders and managers, it's vital that we are aware of the impact of stress on our employees' health and wellbeing to ensure a productive and engaged workforce. But how do we do this?

This session sets out simple and practical steps that any manager can take to support employees with their mental health and wellbeing, while also considering their own.

Learn about:

- What is Mental Wellbeing and why it is important
- How to create a safe and resilient workplace
- Strategies to help manage stress and look after your teams
- Conversational tips and utilising tools such as the 'Change Support Plan' and 'Wellness Action Plan'.

Next, contact your account manager for more information.

Or, if you're new to AXA Health, contact us on **0141 245 4010** or at wellbeing@axahealth.co.uk

¹A recording of the event will be available for you to watch and share for up to three months afterwards.

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IDEAL FOR
managers and leaders



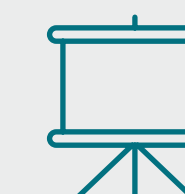
DURATION
1 hour



DELIVERY
onsite or webinar



NO. OF PEOPLE
unlimited (onsite)
up to 1000 (webinar)¹



ROOM NEEDS
theatre-style seating,
PowerPoint facility



HOSTED BY
a mental health
specialist



Positive coping

WELLBEING SEMINAR

We all react to situations, especially changes, very differently. So it's important to think about what this might mean for us as individual employees and as part of wider teams and organisations. With this information we can identify and implement positive coping tools to help us look after ourselves and others the best we can.

Using a combination of cognitive-behavioural and positive-psychology approaches, this seminar will give you the knowledge and positive coping techniques and strategies you need to overcome change and adversity.

Learn about:

- What contributes to optimal mental wellbeing
- Obstacles to optimal mental wellbeing
- Reactions we might have to change and adversity
- Positive coping tools and skills for managing change and adversity.

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IDEAL FOR
everyone



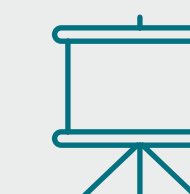
DURATION
1 hour



DELIVERY
onsite or webinar



NO. OF PEOPLE
unlimited (onsite)
up to 1000 (webinar)¹



ROOM NEEDS
theatre-style seating,
PowerPoint facility



HOSTED BY
an AXA Health
physiologist



Health

Unlock your H.E.R.O and be the best you

WELLBEING SEMINAR

In this session, we'll be exploring Psychological Capital (PsyCap): Hope, Efficacy, Resilience and Optimism, which are hailed as the pillars that influence our attitudes, behaviours, performance and wellbeing.

Using the freshest evidence-based research theories from the fields of positive organisational behaviour and positive psychology, the session will help your employees build on their existing strengths and resources to boost their Psychological Capital and become the best version of themselves.

Learn about:

- What Psychological Capital is
- How the H.E.R.O within us can be developed
- Tools for practical application at work and home

Next, contact your account manager for more information.

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IDEAL FOR
everyone



DURATION
1 hour



DELIVERY
onsite or webinar



NO. OF PEOPLE
unlimited (onsite)
up to 1000 (webinar)¹



ROOM NEEDS
theatre-style seating,
PowerPoint facility



HOSTED BY
AXA Health Mental
Health Specialist



Be resilient and flourish

WELLBEING SEMINAR

We often hear resilience described as the ability to bounce back in the face of adversity, but is there more to it? Resilience is for everyone and everyday resilience is something we can all learn and develop. By exploring definitions of resilience and considering tangible steps personalised to us as individuals, we can find ways to increase resilience and flourish in our personal and working lives. Increasing personal resilience will only lead to team resilience and a workforce able to react positively to change.

This session offers your employees both practical and psychological strategies and techniques, supported by current evidence-based theories, to build resilience and learn to flourish to be their best selves.

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IDEAL FOR
everyone



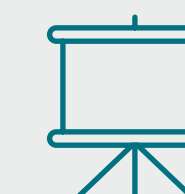
DURATION
1 hour



DELIVERY
onsite or webinar



NO. OF PEOPLE
unlimited (onsite)
up to 1000 (webinar)¹



ROOM NEEDS
theatre-style seating,
PowerPoint facility



HOSTED BY
AXA Health Mental
Health Specialist

Seminars and workshops

Delivered by our expert clinicians or carefully sourced third-party providers

Interactive sessions with more opportunity to explore the subject matter.

Subject	Delivered by	Audience
A day in the life of your working body	<div></div>	<div></div>
Menopause awareness and education	<div></div>	<div></div>
Menopause training for line managers	<div></div>	<div></div>
Menopause for HR and occupational health	<div></div>	<div></div>
Kicking the habit – for good	<div></div>	<div></div>
Effective communication skills	<div></div>	<div></div>
Managing sensitive conversations	<div></div>	<div></div>
Managing stress and building resilience	<div></div>	<div></div>
Mindfulness – an experiential introduction	<div></div>	<div></div>
Compassionate mind	<div></div>	<div></div>
Power of resilience	<div></div>	<div></div>
Mental health – supporting your staff	<div></div>	<div></div>
The value of neurodiversity	<div></div>	<div></div>
Neurodiversity awareness for managers	<div></div>	<div></div>
Suicide awareness and prevention	<div></div>	<div></div>
Suicide prevention in the workplace	<div></div>	<div></div>

Delivered by

- AXA Health Consultant Psychologist
- Third-party provider
- Lexxic Neurodiversity Specialist

Audience

- Managers, leaders and health champions
- Occupational health and HR professionals
- All employees

Seminars
delivered by a physiologist
or mental health specialist

Seminars and workshops
delivered by AXA Health clinicians and
specialist third-party providers

Training courses
delivered by our in-house specialists



Health

A day in the life of your working body

WELLBEING SEMINAR

Doing the shopping. Picking up the kids. Running for the bus. Everyday life puts our bodies through a lot. That's why it's important that we look after our muscles, bones and joints.

With musculoskeletal disorders (MSD) being the second highest reason for sickness absence in the UK, behind minor illnesses such as colds¹, there's a high chance your employees will develop some type of bone, muscle or joint pain during their working life. But small changes to things they do everyday can lower the risk of developing an MSD, meaning time in and out of work can be enjoyed pain free.

Learn about:

- The physical impact of work and everyday life
- The musculoskeletal system
- Types of musculoskeletal disorder
- How to avoid developing a musculoskeletal disorder.

Next, contact your account manager for more information.

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¹ www.gov.uk/government/statistics/sickness-absence-in-the-uk-labour-market-2019-and-2020. ²A recording of the event will be available for you to watch and share for up to three months afterwards.

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IDEAL FOR
everyone



DURATION
1 hour



DELIVERY
onsite or webinar



NO. OF PEOPLE
unlimited (onsite)
up to 1000 (webinar)²



ROOM NEEDS
theatre-style seating,
PowerPoint facility



HOSTED BY
third party provider -
ergonomics specialist



Health

Menopause awareness and education

WELLBEING SEMINAR

Each menopause journey is different. Three out of four women experience symptoms and as many as one in four have serious symptoms¹. Our menopause awareness sessions help employees understand what menopause is, how to recognise the symptoms and how individuals may be affected by it.

The session also looks at the options available to manage symptoms and long-term health, as well as the support available and how to access it, both in and outside of work.

Learn about:

- How menopause differs and how it can affect us
- Ways to recognise, manage and adapt
- Available support and guidance.

Next, contact your account manager for more information.

Or, if you're new to AXA Health, contact us on **0141 245 4010** or at wellbeing@axahealth.co.uk

¹ www.fawcettsociety.org.uk/Handlers/Download.ashx?IDMF=9672cf45-5f13-4b69-8882-1e5e643ac8a6

² If delivered remotely via webinar, there can be up to 1000 attendees. A recording of the event will be available for you to watch and share for up to three months afterwards.

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IDEAL FOR
everyone



DURATION
2 hours (onsite)
1.5 hours (webinar)



DELIVERY
onsite or webinar



NO. OF PEOPLE
unlimited (onsite)
up to 1000 (webinar)²



ROOM NEEDS
theatre-style seating,
PowerPoint facility, space
for break-out groups



HOSTED BY
Henpicked, menopause
in the workplace specialists



Health

Menopause training for line managers

WELLBEING SEMINAR

How is your organisation supporting those going through menopause at work? How confident do your line managers feel talking about the menopause? It's an important health concern that line managers need to understand as well as help with.

This session helps your line managers better appreciate what the menopause is, know the symptoms to recognise, understand what options are available for them to use including reasonable adjustments and be confident about having supportive conversations.

Learn about:

- The menopause and why it's important to understand it
- It's symptoms and how to provide the right support
- Practical steps to support individuals within your own organisation.

Next, contact your account manager for more information.

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¹If delivered remotely via webinar, there can be up to 1000 attendees. A recording of the event will be available for you to watch and share for up to three months afterwards.

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IDEAL FOR
managers and leaders



DURATION
1.5 hours (onsite)
1 hour 15 mins (webinar)



DELIVERY
onsite or webinar



NO. OF PEOPLE
unlimited (onsite)
up to 1000 (webinar)¹



ROOM NEEDS
theatre-style seating,
PowerPoint facility, space
for break-out groups



HOSTED BY
Henpicked, menopause
in the workplace specialists



Menopause for HR and occupational health

WELLBEING SEMINAR

Support a culture of inclusivity, diversity and equality where everyone can talk about their menopause openly.

This expert-led session gives you a clear overview of menopause, employment law and other organisational considerations to best support your employees in the workplace. Business leaders, occupational health and HR professionals will find it useful for planning as well as employee communication and engagement plans.

Learn about:

- Implementing effective policies and practices
- Training line managers and employees
- Communication and engagement
- The experiences of other organisations.

Next, contact your account manager for more information.

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IDEAL FOR
human resources
and occupational
health teams



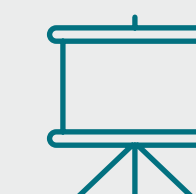
DURATION
2 hours (onsite)
1.5 hours (webinar)



DELIVERY
onsite or webinar



NO. OF PEOPLE
unlimited (onsite)
up to 1000 (webinar)¹



ROOM NEEDS
theatre-style seating,
PowerPoint facility, space
for break-out groups



HOSTED BY
Henpicked, menopause
in the workplace specialists



Kicking the habit - for good

WELLBEING SEMINAR

When it comes to smoking, it is well known that the nicotine in cigarettes causes addiction. The more an individual smokes, the more their brain becomes used to the nicotine, making it more difficult to quit.

However, it is still possible to quit and with many health concerns associated with cigarette smoking, it is more important than ever to consider kicking the habit.

Learn about:

- The effects of smoking on health
- Why smoking is so addictive
- Benefits to quitting
- Behavioural change
- Additional smoking cessation support aids
- The best route towards success for your employees.

Next, contact your account manager for more information.

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IDEAL FOR
everyone



DURATION
1 hour



DELIVERY
onsite or webinar



NO. OF PEOPLE
unlimited (onsite)
up to 1000 (webinar)¹



ROOM NEEDS
theatre-style seating,
PowerPoint facility



HOSTED BY
AXA Health Consultant
Psychologist,
Dr Mark Winwood



Health

Effective communication skills

WELLBEING SEMINAR

Being an effective communicator takes real skill. How you communicate is at the heart of your interpersonal skills.

This session will help your employees to evaluate their strengths and weaknesses and build greater awareness of how it all works, helping them have more impact. Attendees will explore the essentials for becoming a more effective communicator.

Learn about:

- Building confidence
- Adapting your communication style
- Conflict resolution
- Developing a personal communications toolkit.

Next, contact your account manager for more information.

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IDEAL FOR
everyone



DURATION
1 hour



DELIVERY
onsite or webinar



NO. OF PEOPLE
unlimited (onsite)
up to 1000 (webinar)¹



ROOM NEEDS
theatre-style seating,
PowerPoint facility, space
for break-out groups



HOSTED BY
AXA Health Consultant
Psychologist,
Dr Mark Winwood



Health

Managing sensitive conversations

WELLBEING SEMINAR

Being able to deal with difficult conversations effectively is an essential business skill. At times in our careers we'll have to deliver bad news, whether giving a negative performance evaluation, challenging a colleague or client, or presenting differing options or directions of a project to several people.

This seminar focuses on how to positively approach each situation, avoid common pitfalls and manage emotionally charged situations.

Learn about:

- Understanding what makes a conversation difficult
- New strategies for handling difficult conversations effectively
- How to avoid wasting emotional energy on feeling negative about a person or situation
- How to structure the opening of a difficult conversation more effectively
- Increasing confidence and capability to get the most from difficult conversations.

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IDEAL FOR
everyone



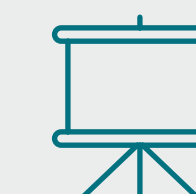
DURATION
1 hour



DELIVERY
onsite or webinar



NO. OF PEOPLE
unlimited (onsite)
up to 1000 (webinar)¹



ROOM NEEDS
theatre-style seating,
PowerPoint facility, space
for break-out groups



HOSTED BY
AXA Health Consultant
Psychologist,
Dr Mark Winwood



Health

Managing stress and building resilience

WELLBEING SEMINAR

Pressure can be a positive force. When managed correctly, it helps you focus on your tasks and meet deadlines. But when it gets too much, stress can take a toll on your physical and mental health, meaning you often feel tired and easily agitated.

17.9 million working days were lost to stress, anxiety and depression in 2019/20,¹ effecting your business as a whole.

Our expert will show how your people can manage stress and build resilience. They'll learn how to avoid feeling discouraged when facing a problem, and see that setbacks are only temporary.

Next, contact your account manager for more information.

Or, if you're new to AXA Health, contact us on **0141 245 4010** or at wellbeing@axahealth.co.uk

¹Labour Force Survey, HSE, 2020. ²A recording of the event will be available for you to watch and share for up to three months afterwards.

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IDEAL FOR
managers, leaders
and health champions



DURATION
1 hour



DELIVERY
onsite or webinar



NO. OF PEOPLE
unlimited (onsite)
up to 1000 (webinar)¹



ROOM NEEDS
theatre-style seating,
PowerPoint facility



HOSTED BY
AXA Health Consultant
Psychologist,
Dr Mark Winwood



Mindfulness – an experiential introduction

WELLBEING SEMINAR

We all live in our heads sometimes. But when we start worrying and having negative thoughts, stress can start to creep in. And, although short-term stress can be great for getting us motivated, feeling constantly overwhelmed by it can lead to sleepless nights and even more serious mental health problems.

Mindfulness will help your employees lower their stress levels and enjoy an increased sense of wellbeing.¹ It's about bringing awareness to the present moment without judgement, allowing thoughts to come and go. Our expert will show you how mindfulness provides space between thoughts and emotion allowing time to act calmly.

Learn about:

- How mindfulness boosts mental health
- The myths and facts of the practice
- Ways to develop, apply and include mindfulness everyday
- Simple mindfulness exercises.

Next, contact your account manager for more information.
Or, if you're new to AXA Health, contact us on **0141 245 4010** or at wellbeing@axahealth.co.uk

¹NHS, www.nhs.uk/conditions/stress-anxiety-depression/mindfulness, 2018 ²A recording of the event will be available for you to watch and share for up to three months afterwards.
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IDEAL FOR
everyone



DURATION
1 hour



DELIVERY
onsite or webinar



NO. OF PEOPLE
unlimited (onsite)
up to 1000 (webinar)²



ROOM NEEDS
theatre-style seating,
PowerPoint facility



HOSTED BY
AXA Health Consultant
Psychologist,
Dr Mark Winwood



Health

Compassionate mind

WELLBEING SEMINAR

A compassionate mind helps reduce stress, increasing confidence levels and improving wellbeing and psychological health.

This workshop will help to explain why people struggle to be compassionate and how this hinders us and the teams we work in. We'll also share tools to inspire immediate and tangible behaviour change after the workshop.

Learn about:

- The power of a kinder workforce in relation to productivity, goals and morale
- Why we, as humans, thrive and perform better both in our personal and professional lives if we can be compassionate with ourselves and others
- The scientific evidence around how we are hard wired to be compassionate and receive compassion from others and how restricting it can result in elevated threat (fight or flight) mode. So, we need to cultivate it not 'bat' it away thinking it is weak
- How they can easily apply compassionate mind tools in to their daily lives.

Next, contact your account manager for more information.

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¹Live session only. No recording will be available for this session.

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IDEAL FOR
everyone or managers,
leaders and health
champions



DURATION
1 hour



DELIVERY
webinar¹



NO. OF PEOPLE
up to 1000



HOSTED BY
Hosted by Mindflex,
a team of experienced
mental health specialists



Power of resilience

WELLBEING WORKSHOP

This half day workshop focuses on emotional resilience and provides effective tools and techniques for increasing your ability to manage under-pressure situations. It also covers common mental health problems and early warning signs. You'll look at how healthy pressure can become unhealthy stress and some of the causes of stress both at work and in personal life.

A full day version is available, priced at £1,500.

Learn about:

- Psychological health
- Physical health
- Relationships and support
- Making change manageable
- Resilience.

Next, contact your account manager for more information.

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IDEAL FOR
everyone



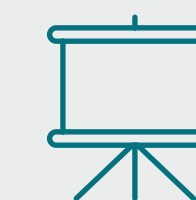
DURATION
4 hours (onsite)
2-3 hours (webinar)



DELIVERY
onsite or webinar



NO. OF PEOPLE
up to 12 (onsite
and webinar)¹



ROOM NEEDS
theatre-style seating,
PowerPoint facility, space
for break-out groups



HOSTED BY
Harmony, mental
health educators and
leadership specialists



Mental health – supporting your staff

WELLBEING WORKSHOP

Employee mental health is heavily influenced and affected by both their line managers and your organisation's culture.

This workshop enhances your managers' ability to support employees with mental health/wellbeing issues. You'll look at line management behaviours that promote positive mental health. How to encourage a culture of openness. And how to confidently discuss the topic of mental health with peers and staff.

A full day version is available, priced at £1500.

Next, contact your account manager for more information.

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IDEAL FOR
managers, leaders
or health champions



DURATION
4 hours (onsite)
2-3 hours (webinar)



DELIVERY
onsite or webinar



NO. OF PEOPLE
up to 12 (onsite
and webinar)¹



ROOM NEEDS
theatre-style seating,
PowerPoint facility, space
for break-out groups



HOSTED BY
Harmony, mental
health educators and
leadership specialists



Health

The value of neurodiversity

WELLBEING SEMINAR

Approximately one in seven of us is neurodivergent¹, yet the world around us has been designed with 'neurotypical' people in mind.

In this bespoke webinar for your whole company, employees will learn about what we mean by neuro-differences, how people identify, and the unique strengths that neurodiverse minds can bring to an organisation. They'll learn more around the common challenges neurodivergent individuals face and the reasonable adjustments and support available including neuro-inclusive language and assistive technology.

Learn about:

- What neurodiversity is
- What neuro-inclusion looks like
- Common definitions and challenges associated with the main neurodifferences

Next, contact your account manager for more information.

Or, if you're new to AXA Health, contact us on **0141 245 4010** or at wellbeing@axahealth.co.uk

¹Aston University, Neurodiversity Guide, 2020

²A recording of the event will be available for you to watch and share for up to three months afterwards.



IDEAL FOR
everyone



DURATION
1 hour



DELIVERY
webinar



NO. OF PEOPLE
up to 500 (webinar)²



HOSTED BY
Lexxic Neurodiversity
Specialist



Neurodiversity awareness for line managers

WELLBEING SEMINAR

With over 9 million people in the UK neurodivergent¹, it's important that we understand, embrace and support neuro-differences at work. Recent research found that 50% of managers lacked confidence with their ability to manage an individual with a neuro-difference². Conversely, neurodivergent individuals who are given the support to work in the best way for them are better able to thrive in their roles.

Whether it's a lack of awareness, stigmatisation or a worry of 'saying the wrong thing', our seminar, delivered by Lexxic, sets out to better equip your Line Managers. We'll give them the information and tools they need to support their employees, enabling companies to benefit from the enormous value that neurodiversity can bring to the workplace.

Next, contact your account manager for more information.
Or, if you're new to AXA Health, contact us on **0141 245 4010** or at wellbeing@axahealth.co.uk

¹Aston University, Neurodiversity Guide, 2020 ²www.institutelm.com/resourceLibrary/workplace-neurodiversity-the-power-of-difference.html
³A recording of the event will be available for you to watch and share for up to three months afterwards.

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IDEAL FOR
managers



DURATION
1 hour



DELIVERY
webinar



NO. OF PEOPLE
up to 500 (webinar)³



HOSTED BY
Lexxic Neurodiversity
Specialist



Suicide awareness and prevention

WELLBEING WORKSHOP

Rates of suicide in the UK continue to rise¹. But, with the right skills, we can all play a part in saving a life. Many people are unsure why suicide happens and may mistakenly see it as 'inevitable'. This session explores the facts, the risk factors and the prevention approaches. Your teams will receive clear and practical guidance for what to do if someone becomes suicidal. People who are supporting someone who is suicidal can themselves become traumatised and may not know how to ask for help.

Learn about:

- Suicide, why it occurs and the impact of stigma at work and at home
- What to do if someone is suicidal
- How you can help prevent suicide
- How to keep colleagues safe while you wait for professional support.

Next, contact your account manager for more information.
Or, if you're new to AXA Health, contact us on **0141 245 4010** or at wellbeing@axahealth.co.uk

¹ www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2021registrations ² Live session only. No recording will be available for this session.

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IDEAL FOR
everyone



DURATION
4.5 hours



DELIVERY
onsite or webinar



NO. OF PEOPLE
up to 20 (onsite and webinar)²



ROOM NEEDS
space available to break out into groups



HOSTED BY
Minding Work, a team of associates experienced in suicide prevention and mental health at work



Health

Suicide prevention in the workplace

WELLBEING WORKSHOP

Book this workshop as part of your overall workplace health, safety and wellbeing strategy.

Few people know that many suicides are preventable. This session explores the facts, the risk factors and prevention approaches. Find out about rates, trends and risks in your sector. Learn how to recognise and respond to indicators that someone is thinking of suicide. And better prepare to emotionally support your team if the worst happens. Managers can feel unsure and have difficulty interpreting their duty of care. We'll explore that and more.

Learn about:

- Individual risk factors and how your sector's rates, trends and risks compare
- The signs that someone may be considering ending their life
- What to do if someone is suicidal based on ten rules
- How you can help prevent suicide
- How to keep colleagues safe while you wait for professional support.

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¹ Live Session only. No recording available for this session

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IDEAL FOR
managers, leaders and
health champions



DURATION
4.5 hours



DELIVERY
onsite or webinar



NO. OF PEOPLE
up to 14 (onsite
and webinar)¹



ROOM NEEDS
space available to break
out into groups



HOSTED BY
Minding Work, a team
of associates experienced
in suicide prevention and
mental health at work

Training courses

Delivered by our in-house specialists

Focused investment for your people managers, line managers and health champions.

Subject	Delivered by	Audience
Mental Health First Aid – First aider	●	👥
Mental Health First Aid – Champion	●	👥
Mental Health First Aid – Aware	●	👥
Mental Health First Aid – Refresher	●	👥
Health Champions	●	👥
Health Champions - Refresher	●	👥

Delivered by

- AXA Health accredited Mental Health First Aid instructor team
- AXA Health wellbeing specialist

Audience

- 👥 All employees

“Between 2019 and 2020, 13% more businesses offered mental health training for their line managers”

EMPLOYEE WELLBEING RESEARCH, REBA, 2020

Seminars
delivered by a physiologist or mental health specialist

Seminars and workshops
delivered by AXA Health clinicians and specialist third-party providers

Training courses
delivered by our in-house specialists

→



We can run our training courses onsite or by webinar. Just tell us what you need and check each seminar or workshop for availability.



Mental Health First Aid – First Aider

TRAINING COURSE

When an employee has an accident at work, a first aider is usually on hand to help. But that's not always the way with mental health issues. A Mental Health First Aid – First Aider course, delivered by an accredited AXA Health Mental Health First Aid trainer¹ can redress the balance.

By the end of the course, your Mental Health First Aiders will feel confident about spotting and understanding mental health issues and practically guiding colleagues who are experiencing them.

Next, contact your account manager for more information.

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¹ Accredited by Mental Health First Aid England.

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Learn about:

- The impact of mental health issues
- Common mental health problems
- Reducing the stigma of mental illness
- Spotting the signs and guide someone towards support
- Managing the effects of trauma/crisis in the workplace
- Promoting recovery, building resources and action planning
- Psychological resilience and mental wellbeing in first aiders
- Their role as a Mental Health First Aider and how to look after their own wellbeing.

Plus they'll be able to keep their learning alive with three years:

- Access to the MHFA Support app
- Online support via the MHFA hub



IDEAL FOR
all employees,
especially managers,
leaders and health
champions



DURATION
2 days (onsite)
4 remote half-day
sessions



DELIVERY
onsite or remote



NO. OF PEOPLE
up to 16



ROOM NEEDS
flexible seating,
2 flipcharts, a projector
with sound



HOSTED BY
AXA Health Mental Health
First Aid delivery team



Health

Mental Health First Aid - Champion



TRAINING COURSE

What do we mean by mind health? What are the factors that can affect mental wellbeing in even the most resilient of us? How can we best look after our mental wellbeing?

On this one-day course your health champions or line managers will learn about common mental health issues and what can cause them. They'll gain the confidence to promote mental health awareness in your business and encourage positive wellbeing in everyone.

Learn about:

- Mental health and stress at work
- Common mental health problems
- Challenging stigma and discrimination
- Spotting the early signs of mental ill health
- Alcohol, drugs and mental health
- Promoting recovery and action planning
- Building a mentally healthy workplace
- Supporting positive wellbeing.

Next, contact your account manager for more information.

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IDEAL FOR

all employees,
especially managers,
leaders and health
champions



DURATION

1 day (onsite)
two 4 hour sessions
on two separate days
(remote)



DELIVERY

onsite or remote



NO. OF PEOPLE

up to 16



ROOM NEEDS

flexible seating,
2 flipcharts, a projector
with sound



HOSTED BY

AXA Health Mental Health
First Aid delivery team



Health

Mental Health First Aid – Aware

TRAINING COURSE

Mental health problems can go unseen and are often not openly discussed at work. But this doesn't make them any less serious.

This half day course is designed to raise awareness about mental health among your employees. They'll learn how to prioritise their mental health as well as look out for signs of stress or mental struggle in their colleagues. And they'll feel confident about starting supportive conversations with people who may be experiencing a mental health issue.

Learn about:

- What do we mean by mental health?
- What affects our mental health?
- Common mental health problems
- Identifying and challenging stigma
- Stress and stress management
- Spotting signs of distress
- Starting conversations
- Support and recovery
- Looking after our mental health.

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IDEAL FOR

all employees, especially managers, leaders and health champions



DURATION

4 hours



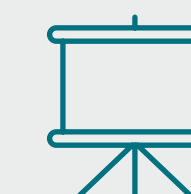
DELIVERY

onsite or remote



NO. OF PEOPLE

up to 25



ROOM NEEDS

flexible seating, 2 flipcharts, a projector with sound



HOSTED BY

AXA Health Mental Health First Aid delivery team



Mental Health First Aid – Refresher

TRAINING COURSE

We all benefit from fresh confidence, especially around a topic as central as mental wellbeing.

This course is for leaders and employees who have previously completed the Mental Health First Aid – First Aider or Mental Health First Aid – Champion courses in the last three years, and who want to reinforce their skills, update their

knowledge and renew their confidence so that they can continue to support their colleagues.

Mental Health First Aiders are required to complete the refresher course every three years in order to maintain access to the MHFA Support app and online support hub.

“Shows clear commitment and helps your organisation develop a strong support network for the long term.”

DAVE STAFF, SENIOR HEALTH AND WELLBEING PROGRAMME MANAGER, AXA HEALTH

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IDEAL FOR
previous First Aider
and Champion course
attendees



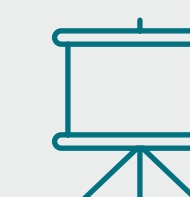
DURATION
4 hours



DELIVERY
onsite or remote



NO. OF PEOPLE
up to 25



ROOM NEEDS
flexible seating,
2 flipcharts, a projector
with sound



HOSTED BY
AXA Health Mental Health
First Aid delivery team



Health Champions

TRAINING COURSE

Getting your people to take part in your wellbeing programme is important, and having internal wellbeing advocates on the ground helps you spread the word, to help everyone bring their best self to work.

This interactive course will give your volunteer health champions the knowledge and tools they need to inspire, motivate, and promote your wellbeing programme.

Learn about:

- The benefits of a healthy workforce
- The role of the health champion
- Fundamental areas of health and wellbeing
- Workplace wellbeing initiatives
- How to change health behaviours
- How to monitor & evaluate success
- What's next for health champions.

Refresher course

This half day course* will provide an opportunity for your current health champions to consolidate their previous learning, keep up-to-date with the latest health & wellbeing information, and give the chance to discuss initiatives and progress.

*recommended between 1-3 years following the full day course

“Nothing matters more than the health and wellbeing of your people. We promote all your wellbeing services and initiatives, whether we provide them or not.”

DAVE STAFF, SENIOR HEALTH AND WELLBEING PROGRAMME MANAGER, AXA HEALTH

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IDEAL FOR
any employee
wishing to become
a health champion



DURATION
1 day (full course)
Half a day
(refresher course)



DELIVERY
onsite or remote



NO. OF PEOPLE
up to 20



HOSTED BY
AXA Health
wellbeing specialist

Looking to raise health awareness across your teams? For more about our range of health and wellbeing seminars, workshops and training courses or creating a truly tailored health strategy for your business, contact your AXA Health account manager or one of our wellbeing consultants.

Call 0141 245 4010
or email wellbeing@axahealth.co.uk

Discover more about our wellbeing services for your business at axahealth.co.uk/EmployeeWellbeing



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Technical specifications for webinars

Our webinars are fully hosted and coordinated by your team at AXA Health. Please check the following technical specification before the event to make sure everything works as it should.

- Live webinar maximum capacity: 1,000 attendees
- Platform: GoTo Webinar (owned by LogMeIn)
- **System requirements**

Please also ask attendees to download the web app (‘GoTo Meeting’) before the session. You can find it [here](#)