



Health

# Together, let's raise health awareness across your team

Webinars, seminars,  
training and workshops

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 put their health first.







## 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.

The ways many of us work has changed, so many of our seminars and workshops are available both online and onsite. We'll help you build awareness with soft copy materials and promotion online and in the AXA Health app.

**“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.

#### Themes

discover seminars and workshops by health focus to help shape your plans

#### Seminars

see a full list of available seminars (up to 1hr including Q & A)

#### Seminar series

check out our 6-part seminar series, helping you focus on a topic, address a health trend, or tackle a societal challenge




#### Workshops and training

Offer a more interactive, hands-on session, designed to support and develop your teams' skills.











*AXA Health seminar and workshops, powered by Spectrum.Life and supported by expert providers.*

# Discover seminars, workshops and training courses that are tailored to meet the specific needs of your team

## Audience

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

## Delivered by































-  A physiologist
-  A nutritionist or dietitian
-  A mental health practitioner
-  A wellbeing expert
-  A parenting expert
-  A mental health first aid delivery team
-  A Lexxic neurodiversity expert
-  Henpicked, menopause in the workplace experts
-  Minding Work, a team of experienced mental health experts
-  A team of financial experts

## Mind health


### Seminars

	Delivered by	Audience
Stress and heart: managing your mind for a healthy heart		
Men's health psychology		
Sleep your way to better health		
Beating burnout		
Emotional intelligence for management		
Mental health 101 let's talk about it		
Understanding anxiety		
Understanding bias		
Imposter phenomenon		
Stress management in the workplace		
Managing sensitive conversations		
Manage your worries		
Introduction to mindfulness		
Unlock your H.E.R.O and be the best you		
Stress management		
Technology and mental health		
Be resilient and flourish		
Optimise your mental wellbeing		
Positive coping		
Building your mental health toolkit		
Practising positive parenting		
Understanding addiction		
The value of neurodiversity		
Neurodiversity awareness for line managers		

### Workshops and training courses

	Delivered by	Audience
Health Champions		
Health Champions – Refresher		
Mental Health First Aid – First aider		
Mental Health First Aid – Aware		
Mental Health First Aid – Refresher		
Mental Health First Aid – Champion		
Mental Health First Responders		
Mental Health First Responders – Peer-to-Peer		
Employee Mental Health		
Manager Mental Health		
Human Resources Mental Health		
Senior Leader Mental Health		
Suicide awareness and prevention		
Suicide prevention in the workplace		
Resilience workshop		

### Seminar series

	Delivered by	Audience
Mental health		



Check each session for delivery method, we'll share whether available as an onsite live event, a live webinar or a pre-recorded webinar. Next, contact us and we'll confirm availability.

# Seminars

Delivered as a 1-hour live session, experts provide an informative and engaging session designed to connect and inspire

Subjects	Delivered by	Audience
Active for life: building activity into everyday life	●	👥
Heart health essentials: understanding and protecting your heart	●	👥
The power of food	●	👥
Nutrition essentials	●	👥
Nutrition for immunity and gut health	●	👥
Nutrition in a modern world	●	👥
Living well: extending your health span for a fulfilling life	●	👥
Lifestyle changes and long term health; small change big impact	●	👥
Stress and heart: managing your mind for a healthy heart	●	👥
Diabetes awareness	●	👥
Making change last	●	👥
Understanding menopause	●	👥
Menopause and mental health	●	👥
Pre and post natal wellbeing	●	👥
Men’s physical health: recognising risks and staying healthy	●	👥
Men’s health psychology	●	👥
Summer health	●	👥
Winter health	●	👥
Working well wherever you are	●	👥
Optimise your work life balance	●	👥
Shift work: survive or thrive	●	👥
Cancer awareness: understanding detection, treatment and risk reduction	●	👥
Preventing cancer: understanding risks and making lifestyle changes	●	👥
Loneliness and social isolation	●	👥

**Audience**

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

**Delivered by**

- A physiologist
- A nutritionist or dietitian
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**Themes**

discover seminars and workshops by health focus to help shape your plans

**Seminars**

see a full list of available seminars (up to 1hr including Q & A)

➔

**Seminar series**

check out our 6-part seminar series, helping you focus on a topic, address a health trend, or tackle a societal challenge

**Workshops/training**

Offer a more interactive, hands-on session, designed to support and develop your teams’ skills.





# Seminars continued


Delivered as a 1-hour live session, experts provide an informative and engaging session designed to connect and inspire

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Sleep your way to better health	●	👥
Beating burnout	●	👥
Emotional intelligence for management	●	👤
Mental health 101 let's talk about it	●	👥
Understanding anxiety	●	👥
Understanding bias	●	👥
Imposter phenomenon	●	👥
Stress management in the workplace	●	👤
Managing sensitive conversations	●	👥
Manage your worries	●	👥
Introduction to mindfulness	●	👥
Unlock your H.E.R.O and be the best you	●	👥
Stress management	●	👥
Technology and mental health	●	👥
Be resilient and flourish	●	👥
Optimise your mental wellbeing	●	👥
Positive coping	●	👥
Building your mental health toolkit	●	👥
Practising positive parenting	●	👥
Understanding addiction	●	👥
The value of neurodiversity	●	👥
Neurodiversity awareness for line managers	●	👤
Financial 101	●	👥


**Audience**


 Managers, leaders and health champions


 Occupational health and HR professionals


 All employees


**Delivered by**


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 A nutritionist or dietitian


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# Active for life: building activity into everyday life

## 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 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

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
onsite seminar or  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>2</sup>**  
£645





Health

# Heart health essentials: understanding and protecting your heart

## WELLBEING SEMINAR

Did you know that the heart pumps over 8,000 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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Health

# The power of food

## WELLBEING SEMINAR

Lifestyle-related diseases such as diabetes, heart disease and certain cancers are affecting an ever-increasing number of people worldwide.<sup>2</sup> With contributory risk factors such as poor nutrition and obesity also on the rise. However, the risks can be largely reduced by adopting healthy nutritional habits and positive lifestyle choices. In this seminar, your employees will find out how they can harness the power of food to minimise their risk of developing lifestyle-related diseases and learn to manage a healthy weight.

### Learn about:

- How obesity plays a role in developing lifestyle related conditions
- How diet can influence lifestyle diseases such as heart disease, type 2 diabetes and certain cancers
- The science behind weight management.

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<sup>2</sup>[www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases](https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases)

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**PRICES<sup>3</sup>**  
£645





Health

# Nutrition essentials

## WELLBEING SEMINAR

With so much new information available on nutrition, it can feel harder than ever to know what foods can provide us with all the necessary nutrients we need for our day-to-day lives. Good nutrition can help unlock health benefits for your employees, both now and in years to come. This session goes back to the nutritional foundations that will provide your people with the information they need to understand and improve their health status.

### Learn about:

- Principles of eating well
- What nutrients are and where to find them
- Strategies to improve nutritional intake
- Important aspects of meat and plant-based diets.

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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%<sup>1</sup>, 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 to colleagues and families.

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<sup>1</sup>[Poor workplace nutrition hits workers' health and productivity, according to 2005 ILO report.](#)

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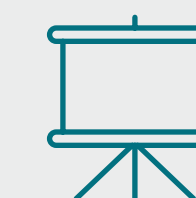
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**DELIVERY**  
onsite seminar or  
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a physiologist



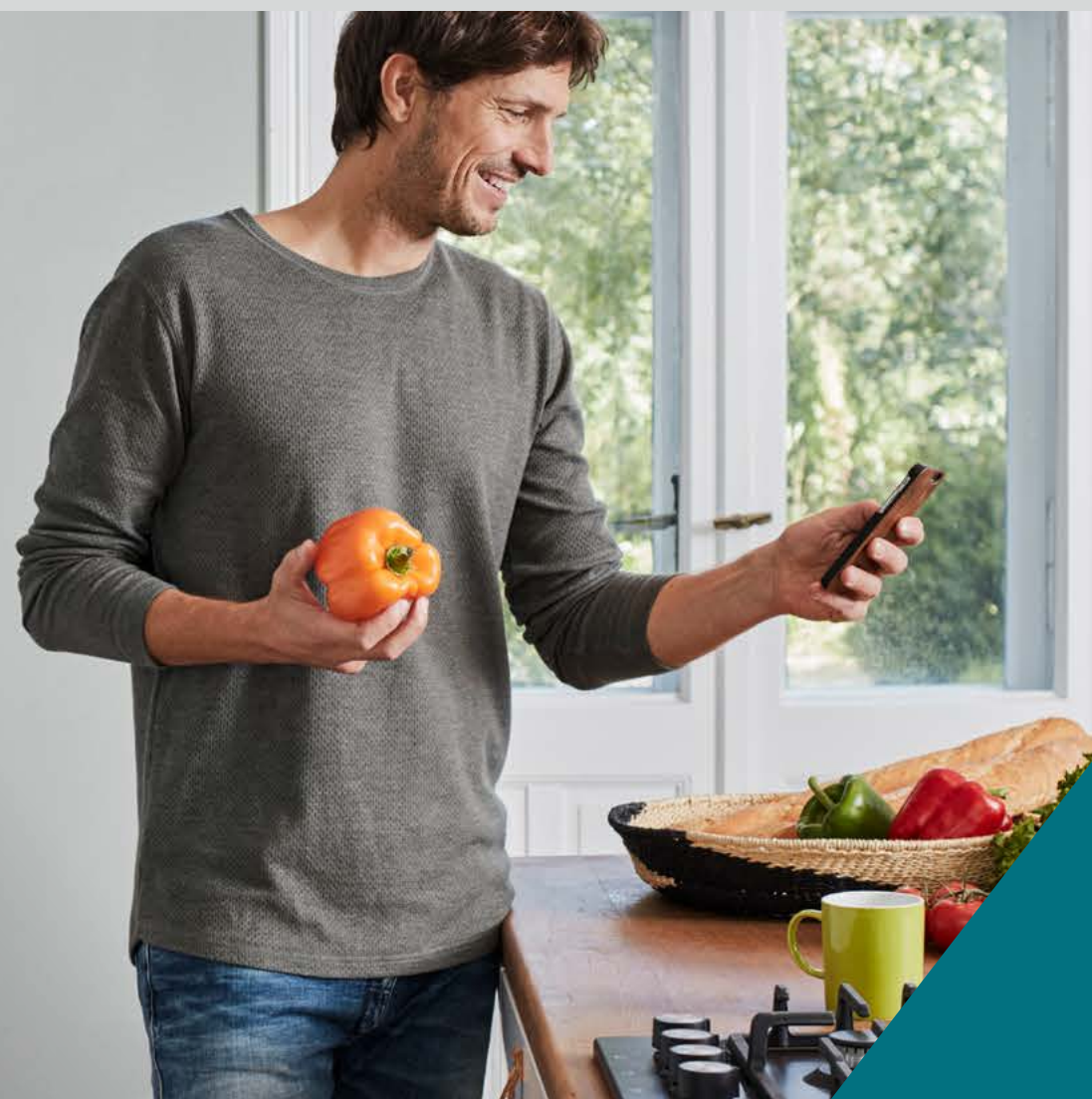
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Health

# Nutrition in a modern world



## WELLBEING SEMINAR

Eating a balanced diet has many benefits for our health and wellbeing yet it can be difficult navigating the wealth of information available at our fingertips – online and through social media. With food prices causing consumer concern for many, as they juggle their living costs, it can make healthy eating seem even more difficult to achieve. This session unlocks the key to good nutrition, so your employees can start taking action now and for their future health.

### Learn about:

- Busting social media trends
- Understanding modern nutritional information
- Eating well on a budget
- How to eat sustainably.

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**HOSTED BY**  
a physiologist



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£645





Health

# Living well: extending your health span for a fulfilling life

## 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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45-60 minutes



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a physiologist



**PRICES<sup>2</sup>**  
£645





Health

# Lifestyle changes and long term health; small change big impact

WELLBEING SEMINAR

Our lifestyle choices have a profound impact on our long-term health and wellbeing. As modern life presents increasing challenges to maintaining a healthy lifestyle, understanding how to make positive changes is more crucial than ever. This session offers an in-depth exploration of the connection between lifestyle behaviours and health, providing practical strategies for making meaningful changes that can lead to a healthier, more fulfilling life.

Ideal for anyone interested in improving their overall health through informed lifestyle choices.

## Learn about:

- Understanding lifestyle behaviour change: an overview of what lifestyle behaviour change entails, including the psychological processes involved and the stages of change.
- Impact on long-term health: insights into how everyday choices around sleep, diet, exercise, and stress management can significantly affect your long-term health.
- The power of small changes: how small, consistent changes can lead to significant health improvements over time, backed by recent research.
- Practical tips for healthy habits: actionable strategies and tools to help you develop and sustain healthy habits in your daily life.

This session will equip attendees with the knowledge and motivation to make lasting changes to your lifestyle, empowering them to take control of your health and enhance your quality of life for the long term.

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**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)<sup>1</sup>



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
live webinar £645  
pre-recorded webinar £475





Health

# Stress and heart: managing your mind for a healthy heart

WELLBEING SEMINAR

Stress impacts both mental wellbeing and heart health, making it essential to learn how to manage it effectively. With stress-related conditions contributing to cardiovascular issues, this seminar provides practical strategies for reducing stress and supporting both emotional and physical health.

This seminar is perfect for anyone looking to manage stress, improve mental clarity, and protect their heart health.

## Learn about:

- Understanding stress and heart health: explore the connection between chronic stress, mental health, and cardiovascular risk.
- Stress management techniques: discover effective tools like mindfulness, progressive muscle relaxation, and breathing exercises to reduce stress.
- Practical lifestyle changes: learn how to incorporate relaxation, healthy habits, and emotional wellbeing into your daily routine for long-term heart health.

This session will equip attendees with practical techniques and knowledge to manage stress effectively and protect both mind and heart for the long term.

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**PRICES<sup>2</sup>**  
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# Diabetes awareness

## WELLBEING SEMINAR

There are an estimated 4.6 million people in the UK who live with a diabetes diagnoses, and nearly 1.3 million people could be living with type 2 diabetes who are yet to be diagnosed.<sup>1</sup> 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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<sup>1</sup>[Diabetes statistics](#) | [Professionals](#) | [Diabetes UK](#) <sup>2</sup>A recording of the live webinar will be available for you to watch and share for up to one month afterwards.

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**HOSTED BY**  
a physiologist



**PRICES<sup>3</sup>**  
£645





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.

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
onsite seminar or  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>2</sup>**  
£645





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.

## Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



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live webinar<sup>1</sup>



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**ROOM NEEDS**  
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PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>2</sup>**  
£645





Health

# Menopause and mental health

WELLBEING SEMINAR

Menopause is a natural stage in life, but it is often misunderstood and surrounded by myths. It can bring about physical changes as well as emotional and mental health challenges that many are not prepared for.

This session offers valuable information on menopause, helping to clarify what menopause truly is and addresses common misconceptions. Attendees will learn about its potential effects on mental health and explore practical strategies for managing the emotional shifts that can occur during this transition. Additionally, the session will cover techniques for improving sleep during menopause and explain how cognitive behavioural therapy (CBT) can help by managing symptoms.

This session is perfect for anyone who wants to better understand menopause and learn how to cope with its physical and emotional changes.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)<sup>1</sup>



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
live webinar £645  
pre-recorded webinar £475





Health

# Pre and post natal wellbeing

## WELLBEING SEMINAR

There are lots of myths surrounding health and wellbeing during and after pregnancy, so it can be difficult to know what's best for you and your family. There are many benefits to taking care of our health during and after pregnancy, for ourselves, and our baby, so this session will help your employees understand what is safe, and what will work for them. We encourage and warmly welcome people of any gender to attend this webinar, as you can play a vital role in the support of others.

### Learn about:

- How to exercise safely in the pre and post-partum stages
- Nutritional considerations during and after pregnancy
- How to support your mental health and managing changes to family life.

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up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>2</sup>**  
£645





# Men's physical health: recognising risks and staying healthy

## WELLBEING SEMINAR

Men have a lower life expectancy than women.<sup>1</sup> 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 session.

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<sup>1</sup>National life tables – life expectancy in England and Wales – Office for National Statistics, 2021 to 2023

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
onsite seminar or  
live webinar<sup>2</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>2</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>3</sup>**  
£645





# Men's health psychology

## WELLBEING SEMINAR

Men's mental and physical health is often impacted by societal pressures, expectations around masculinity, and unspoken emotional challenges. Understanding these unique factors is important for looking after one's health proactively. This session provides an in-depth overview of men's health psychology, focusing on the key barriers men face and offering practical solutions for overcoming them.

This session is ideal for anyone interested in understanding the psychological factors affecting men's health and developing strategies for better emotional and mental wellbeing.

### Learn about:

- Barriers to men's health: a look at how societal expectations, stigma, and cultural norms shape men's mental health and emotional expression.
- Understanding emotions: insights into how men experience and express emotions differently, and how this impacts their relationships and overall wellbeing.
- Practical tools for speaking up: step-by-step strategies to help men overcome emotional barriers, communicate more openly, and seek support when needed.
- Building healthy masculinity: exploring how positive masculinity can contribute to men's mental health and creating environments that encourage openness and vulnerability.

This session will equip your people with the knowledge and tools to support men in navigating their mental health challenges, fostering stronger connections, and taking charge of their wellbeing.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar<sup>1</sup>



**HOSTED BY**  
a mental health practitioner



**PRICES<sup>2</sup>**  
£645





Health



# Summer health

## WELLBEING SEMINAR

For some, the summer months might provide more time outside, more motivation to move, or more self-care and relaxation. Despite the benefits of the longer days and warmer weather, there are some aspects of summer that can be detrimental to our health.

This session will help your employees understand how to harness the benefits of this time of year, whilst learning how to protect their health and wellbeing during the summer months.

### Learn about:

- How to optimise our physical and mental health during summer
- How to stay safe in the sun
- Common summer health risks such as allergies, bug bites, and heat stroke.

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



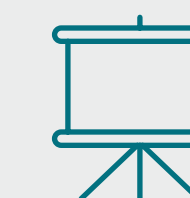
**DURATION**  
45-60 minutes



**DELIVERY**  
onsite seminar or  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>2</sup>**  
£645





Health

# Winter health

## WELLBEING SEMINAR

Winter; you either love it or hate it! For some, winter means cold, damp and gloomy days. Yet, for others it's all about crisp air, warming meals and getting the big coats on. However you perceive winter, there is no denying that the shorter days and lack of sun can have a big impact on both our physical and mental wellbeing.

### Learn about:

- How winter can impact our mental and physical wellbeing
- What we can do to overcome the mental and physical impacts of winter
- How we can adapt our nutrition and exercise during the winter months.

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



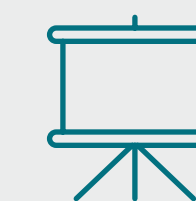
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live webinar<sup>1</sup>



**NO. OF PEOPLE**  
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up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>2</sup>**  
£645





# Working well wherever you are

## WELLBEING SEMINAR

We typically spend around one third of our waking lives in work, so no matter what our work environment looks like, it is important to understand how to best look after our body and mind during the working day. From our mental wellbeing, work set up, nutrition, and movement, this session will help your employees adapt their habits and environment in a way that is best for them, whether they work from home, the office, or both.

### Learn about:

- How your work environment impacts your physical and mental wellbeing
- How to overcome challenges to your work environment
- How to incorporate and maintain healthy workplace habits, no matter where or how you work.

### Next, contact your account manager for more information.

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everyone



**DURATION**  
45-60 minutes



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onsite seminar or  
live webinar<sup>1</sup>



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up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>2</sup>**  
£645





Health

# Optimise your work life balance

WELLBEING SEMINAR

Achieving a work-life balance is essential for maintaining overall wellbeing, yet it can be challenging in today's fast-paced world. Understanding how to balance professional responsibilities with personal life is key to reducing stress and enhancing quality of life.

This seminar provides valuable insights into optimising work-life balance. It is an excellent opportunity to explore what work-life balance truly means, identify areas for improvement, and learn techniques for managing stress effectively.

## Learn about:

- **What does it really mean to have a work-life balance?** Gain a clear understanding of work-life balance and its importance in your daily life.
- **Awareness of where to start making changes.** Identify practical steps you can take to begin improving your work-life balance.
- **Techniques to manage stress and use mindfulness.** Learn effective stress management strategies and how to incorporate mindfulness into your routine.

Participants will leave with a deeper understanding of work-life balance and be equipped with the tools to make meaningful changes that enhance both their personal and professional lives.

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**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)<sup>1</sup>



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
live webinar £645  
pre-recorded webinar £475





Health

# Shift work: survive or thrive

## WELLBEING SEMINAR

Bodily functions and sleep quality is affected by abnormal working hours, which can impact health, but it doesn't have to put your health at risk. From small changes to lifestyle and our behaviours, to tips for getting the best sleep possible, this seminar will provide guidance and support to help you understand how you can reduce the physical and mental impact of shift work.

### Learn about:

- The challenges and health implications of working shifts
- The science behind why shift work can increase health risks
- Lifestyle habits that can help minimise the health risks associated with shift work.

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live webinar<sup>1</sup>



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**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>2</sup>**  
£645





Health

# Cancer awareness: understanding detection, treatment and risk reduction

## WELLBEING SEMINAR

One in two people in the UK will be diagnosed with cancer in their lifetime.<sup>1</sup> 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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<sup>1</sup>Cancer Research UK, [www.cancerresearchuk.org/health-professional/cancer-statistics/risk](https://www.cancerresearchuk.org/health-professional/cancer-statistics/risk), accessed February 2025.

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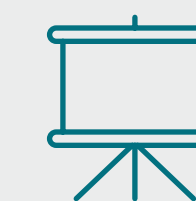
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live webinar<sup>2</sup>



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**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>3</sup>**  
£645





# Preventing cancer: understanding risks and making lifestyle changes

WELLBEING SEMINAR

Cancer remains one of the leading causes of death in developed societies<sup>1</sup>, yet many cases can be prevented through lifestyle changes<sup>2</sup>. Understanding the impact of high-risk behaviours on health is crucial for reducing cancer risk and improving overall wellbeing.

This session provides education on cancer awareness and prevention. Attendees will learn how specific lifestyle behaviours contribute to cancer risk and discover evidence-based strategies for making changes that can significantly improve health and quality of life.

This session is ideal for anyone interested in reducing their cancer risk through lifestyle changes.

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<sup>1</sup>S.Dattani, V.Samborska et al, <https://ourworldindata.org/cancer>, 2025.  
<sup>2</sup>S.Lowes, Lifestyle changes could prevent 4 in 10 cancer cases, Cancer UK, March 2018.  
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pre-recorded webinar<sup>3</sup>



**NO. OF PEOPLE**  
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**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>4</sup>**  
live webinar £645  
pre-recorded webinar £475





# Loneliness and social isolation

## WELLBEING SEMINAR

In an increasingly connected yet often isolating world, understanding and addressing loneliness and isolation are important for maintaining both mental and physical health. This session reviews the distinct impacts of loneliness and isolation, exploring their connection to stress and health risks like cardiovascular issues and depression.

Participants will learn practical strategies for managing these challenges, including building and maintaining connections through technology, enhancing workplace relationships, and prioritising self-care basics like sleep, exercise, and diet.

Ideal for individuals seeking to foster a healthier, more connected life, this session will empower attendees with tools to reduce loneliness and improve overall wellbeing.

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**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
live webinar £645  
pre-recorded webinar £475





Health

# 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.

### 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](mailto:wellbeing@axahealth.co.uk)

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**IDEAL FOR**  
everyone



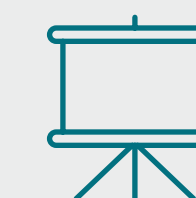
**DURATION**  
45-60 minutes



**DELIVERY**  
onsite seminar or  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>2</sup>**  
£645





Health

# Beating burnout

## WELLBEING SEMINAR

Burnout is a significant challenge in today's demanding world. While some stress can be motivating, too much stress can lead to burnout, making life difficult. We all have our limits, but understanding and addressing these limits can help us overcome burnout effectively.

This session provides essential education on burnout. It is an excellent opportunity to learn about what burnout is, how it affects yourself and others, and how to manage and overcome it.

This session is ideal for anyone feeling overwhelmed by their personal or professional responsibilities.

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)<sup>1</sup>



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
live webinar £645  
pre-recorded webinar £475





# Emotional intelligence for management

## WELLBEING SEMINAR

In today's fast-paced work environment, effective management requires more than just technical skills and cognitive intelligence. Emotional Intelligence (EQ) plays a crucial role in leading teams, fostering strong workplace relationships, and driving organisational success. Understanding and harnessing EQ can transform how managers connect with their teams, make decisions, and resolve conflicts.

This session offers a deep dive into the principles of emotional intelligence tailored for management professionals. It is an excellent opportunity to learn about the importance of EQ in leadership, how it impacts team dynamics, and practical strategies to enhance emotional intelligence for better management outcomes.

This session is ideal for managers at all levels who are looking to improve their leadership effectiveness.

**Next, contact your account manager for more information.**

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**IDEAL FOR**  
managers, leaders  
and health champions



**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)<sup>1</sup>



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
live webinar £645  
pre-recorded webinar £475





# Mental health 101 let's talk about it

## WELLBEING SEMINAR

In today's society, understanding mental health is critical to creating supportive environments for individuals and workplaces. Mental health influences how we think, feel, and act, and it plays a vital role in shaping our personal and professional lives.

This session provides a clear introduction to mental health, offering a foundational understanding of what it is, common mental health conditions, and their causes. Participants will gain insight into the importance of recognising early signs of mental distress, reducing stigma, and supporting others in seeking help.

This seminar is ideal for anyone looking to broaden their knowledge of mental health.

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)<sup>1</sup>



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
live webinar £645  
pre-recorded webinar £475





Health

# Understanding anxiety

WELLBEING SEMINAR

Anxiety is a common experience that affects both the mind and body, often presenting in different ways depending on the individual. Understanding how anxiety works is key to managing it effectively and reducing its impact on daily life.

This session takes a comprehensive look at what anxiety is and how it manifests. Attendees will learn how the cycle of anxiety operates, including the role of thoughts, feelings, behaviours, and physical symptoms in maintaining and exacerbating anxiety. The seminar also provides practical strategies for managing anxiety, helping break the cycle and regain control.

## Learn about:

- What anxiety looks like: gain insight into the psychological, emotional, behavioural, and physical symptoms of anxiety and how they affect overall wellbeing.
- The cycle of anxiety: understand how anxious thoughts lead to emotional distress, physical symptoms, and unhelpful behaviours, which in turn fuel more anxiety.
- Strategies for managing anxiety: discover practical techniques for breaking the anxiety cycle, including cognitive-behavioural approaches, relaxation techniques, and lifestyle adjustments.

## Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)<sup>1</sup>



**HOSTED BY**  
a mental health practitioner



**PRICES<sup>2</sup>**  
£645





# Understanding bias

## WELLBEING SEMINAR

Cognitive biases are mental shortcuts that help our brains process large amounts of information quickly. While they are a natural and necessary part of life, these biases can sometimes lead to errors in judgment or decision-making. By becoming aware of these biases, we can better manage them and make more objective, informed choices.

This session explores what cognitive biases are, why they occur, and how they impact our everyday lives. You will learn about different types of biases, as well as how these biases influence our thinking and behaviour.

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)<sup>1</sup>



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
live webinar £645  
pre-recorded webinar £475





Health

# Imposter phenomenon

## WELLBEING SEMINAR

Imposter phenomenon is the internal psychological experience of feeling like a fraud, unworthy of achievements or experiencing self-doubt in some or all areas of life, despite any success experienced in that area. It's suggested as many as 82% of people experience imposter feelings at some point in their lives.<sup>2</sup>

This session will help your employees increase their awareness of what influences imposter feelings and how they can overcome these in a sustainable and positive way.

### Next, contact your account manager for more information.

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<sup>2</sup>D.M et al. Prevalence, Predictors, and Treatment of Imposter Syndrome: a Systematic Review, 2020.

<sup>3</sup>Additional costs: Please be aware for all onsite activities we may need to add the cost of travel and/or accommodation depending on location. All prices are correct as of 1 April 2025 and valid until 31 December 2025. Prices exclude VAT which shall be included on invoice.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
onsite seminar or  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>3</sup>**  
£645





Health

# 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.

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
onsite seminar or  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>2</sup>**  
£645





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.

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
onsite seminar or  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>1</sup>



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



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
£645





Health

# Manage your worries

## WELLBEING SEMINAR

Worrying can be described as a form of thinking about the future and future events, in a way that may leave you feeling anxious or apprehensive. Many of us notice worrying at some point in our lives, but sometimes worrying can have a negative impact on us. This session will introduce your employees to the psychology of worry, the impact this has on their thoughts, behaviour, feelings, and even physiology.

This session will equip them with the practical tools and techniques to help identify when worrying is becoming an issue, how it can be managed effectively, and tools to support them in future scenarios.

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
onsite seminar or  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
£645





Health

# Introduction to mindfulness

Mindfulness will help your employees lower their stress levels and enjoy an increased sense of wellbeing.<sup>1</sup> It's about bringing awareness to the present moment without judgement, allowing thoughts to come and go.

The seminar will encourage you to experiment with a variety of mindful practices within the session.

## Learn about:

- How mindfulness boosts mental health and wellbeing
- 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](mailto:wellbeing@axahealth.co.uk)

<sup>1</sup>Front. Psychol. September 2021

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
onsite seminar or  
live webinar<sup>2</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>2</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>3</sup>**  
£645





Health

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

## WELLBEING SEMINAR

In this session, attendees will explore 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.

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



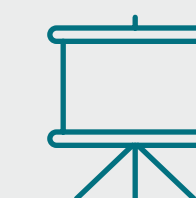
**DURATION**  
45-60 minutes



**DELIVERY**  
onsite seminar or  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>2</sup>**  
£645





Health

# Stress management

## WELLBEING SEMINAR

In today's demanding work environment, managing stress effectively is key to maintaining productivity and wellbeing. This session provides an in-depth exploration of stress management strategies, equipping attendees with tools to balance demands and resources, recognise the signs of stress, and prevent burnout.

Participants will learn how stress impacts cognition, emotions, and behaviour, as well as practical techniques for developing healthy habits, managing cognitive distortions, and maintaining work-life balance.

Ideal for professionals at all levels, this session offers actionable steps to mitigate workplace stress and enhance resilience.

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)<sup>1</sup>



**HOSTED BY**  
a mental health practitioner



**PRICES<sup>2</sup>**  
£645





Health

# Technology and mental health

WELLBEING SEMINAR

In today's digital world, technology is a constant presence, impacting our mental health in both positive and negative ways. Understanding how to balance technology use is essential for maintaining wellbeing and avoiding its harmful effects.

This session explores the intersection of technology and mental health, covering the physical and emotional impacts, how technology can foster or hinder connections, and strategies for setting boundaries.

Ideal for anyone navigating digital life.

## Learn about:

- Physical and mental effects of technology use
- Managing compulsive behaviours
- Leveraging technology for wellbeing
- Setting healthy boundaries and overcoming tech-related stress

## Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)<sup>1</sup>



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
live webinar £645  
pre-recorded webinar £475





Health

# 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.

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



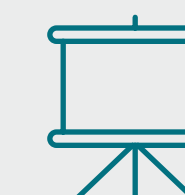
**DURATION**  
45-60 minutes



**DELIVERY**  
onsite seminar or  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>2</sup>**  
£645





Health

# Optimise your mental wellbeing

## WELLBEING SEMINAR

Optimising mental wellbeing is important to maintaining balance and thriving both personally and professionally. Strengthening your mental fitness. Building an ability to manage stress. Staying emotionally balanced. Adapting to challenges. All can help you thrive both personally and professionally.

This session explores practical strategies for enhancing mental fitness, focusing on techniques such as mindfulness, gratitude, social connections, hobbies, and a growth mindset, all designed to help attendees optimise their mental wellbeing.

This session is ideal for anyone wanting to elevate their mental health and wellbeing.

### 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](mailto:wellbeing@axahealth.co.uk)

<sup>1</sup>A recording of the live webinar will be available for you to watch and share for up to one month afterwards, pre-recorded webinars can be used for 12 months.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)<sup>1</sup>



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
live webinar £645  
pre-recorded webinar £475





# 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.

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
onsite seminar or live  
webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>2</sup>**  
£645





# Building your mental health 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.

### Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
onsite seminar or  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a physiologist



**PRICES<sup>2</sup>**  
£645





Health

# Practising positive parenting

WELLBEING SEMINAR

Balancing work and home life can be rewarding, but it often comes with its own set of challenges – especially when children test boundaries. “Misbehaviour” is often actually a child’s way of communicating their needs, whether they are seeking attention, navigating emotions, or learning how to express themselves.

In this session explore how to build strong, positive relationships with your children, setting the stage for better communication and understanding. A parenting expert will share insights into why children test limits and provide practical tools for guiding their behaviour with confidence and warmth.

## Learn about:

Ideal for parents who want to create a more harmonious family life, this session offers valuable strategies such as:

- Understanding the motivations behind your child’s behaviour
- Practical approaches for guiding your child and setting clear, positive boundaries
- Techniques for fostering a loving and cooperative family environment

Attendees will gain new perspectives on parenting, empowering them to build a stronger connection with their child and enjoy a more balanced and joyful home life.

## 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](mailto:wellbeing@axahealth.co.uk)

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)<sup>1</sup>



**HOSTED BY**  
a parenting expert



**PRICES<sup>2</sup>**  
£645





Health

# Understanding addiction

WELLBEING SEMINAR

Addiction is a complex issue that affects millions of people worldwide, with wide-reaching consequences for mental, physical, and social wellbeing. Understanding the nature of addiction and its various forms is key to developing effective interventions and supporting those affected.

This session provides an in-depth exploration of what addiction is, its prevalence, and the different types of addiction, from substance misuse to behavioural addictions like gambling and internet use. Attendees will gain insights into the neuroscience behind addiction, socio-psychological factors such as trauma and low self-esteem, and how stigma affects both individuals and treatment outcomes.

**Next, contact your account manager for more information.**

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar<sup>1</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)<sup>1</sup>



**HOSTED BY**  
a mental health practitioner



**PRICES<sup>2</sup>**  
£645





Health

# The value of neurodiversity

WELLBEING SEMINAR

Approximately one in seven of us is neurodivergent<sup>1</sup>, 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](mailto:wellbeing@axahealth.co.uk)

<sup>1</sup>Aston University, Neurodiversity Guide, 2020

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar<sup>2</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)



**HOSTED BY**  
Lexxic neurodiversity expert



**PRICES<sup>2</sup>**  
£975





# Neurodiversity awareness for line managers

WELLBEING SEMINAR

With over 13 million people in the UK neurodivergent<sup>1</sup>, it's important that we understand, embrace and support neuro-differences at work. Managers may lack confidence with their ability to manage an individual with a neuro-difference. 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 sets out to better equip your Line Managers. Managers will gain 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](mailto:wellbeing@axahealth.co.uk)

<sup>1</sup>CAEW Insights, Neurodiversity: the power of thinking differently, March 2023.  
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**IDEAL FOR**  
managers



**DURATION**  
1-hour



**DELIVERY**  
live webinar<sup>2</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)



**HOSTED BY**  
Lexxic neurodiversity expert



**PRICES<sup>2</sup>**  
£975





Health

# Financial 101

## WELLBEING SEMINAR

Managing personal finances effectively is essential for achieving long-term financial security and peace of mind. Whether just starting a financial journey or looking to improve a current one, understanding the basics of budgeting, saving, insuring, borrowing, as well as how to plan for retirement is necessary.

This session offers a comprehensive introduction to personal finance, guiding attendees through the key principles that will help them manage their money wisely. It's an excellent opportunity to learn how to create a solid financial foundation and make informed decisions for the future.

This session is ideal for anyone seeking to gain control over their financial life.

### 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](mailto:wellbeing@axahealth.co.uk)

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**IDEAL FOR**  
everyone



**DURATION**  
45-60 minutes



**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
up to 1000 (webinar)<sup>1</sup>



**ROOM NEEDS**  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
a financial expert



**PRICES<sup>2</sup>**  
live webinar £645  
pre-recorded webinar £475



# Seminars series

Check out our seminar series, which includes six 1-hour sessions, that help you focus on a topic, address a health trend, or tackle a societal challenge

Subjects	Delivered by	Audience
Lifestyle	<div><div></div><div></div></div>	<div><div></div></div>
Nutrition	<div><div></div></div>	<div><div></div></div>
Women’s Health	<div><div></div></div>	<div><div></div></div>
Mental Health	<div><div></div></div>	<div><div></div></div>
Finance	<div><div></div></div>	<div><div></div></div>

### Audience

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

### Delivered by

- A team of physiologists
- A team of dietitians and nutritionists
- A team of mental health practitioners
- A team of women’s health experts
- A team of financial experts

**Themes**  
discover seminars and workshops by health focus to help shape your plans

**Seminars**  
see a full list of available seminars (up to 1hr including Q & A)

**Seminar series**  
check out our 6-part seminar series, helping you focus on a topic, address a health trend, or tackle a societal challenge

**Workshops/training**  
Offer a more interactive, hands-on session, designed to support and develop your teams’ skills.



Check each session for delivery method, we’ll share whether available as an onsite live event, a live webinar or a pre-recorded webinar. Next, contact us and we’ll confirm availability.





Health

# Lifestyle

## SEMINAR SERIES

### The 6-part lifestyle seminar series covers:

### 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](mailto:wellbeing@axahealth.co.uk)

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**IDEAL FOR**  
everyone



**DURATION**  
6 x 1-hour sessions



**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited



**HOSTED BY**  
a team comprising,  
mental health  
practitioners, sleep  
technologists, fitness  
professionals, parenting  
experts and women's  
health experts



**PRICES<sup>2</sup>**  
live webinar £3,675  
pre-recorded webinar £2,250





Health

# Nutrition

## SEMINAR SERIES

**The 6-part nutrition seminar series covers:**

**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](mailto:wellbeing@axahealth.co.uk)

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**IDEAL FOR**  
everyone



**DURATION**  
6 x 1-hour sessions



**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited



**HOSTED BY**  
a team of dietitians  
and nutritionists



**PRICES<sup>2</sup>**  
live webinar £3,675  
pre-recorded webinar £2,250





Health

# Women's health

## SEMINAR SERIES

**The 6-part women's health seminar series covers:**

**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](mailto:wellbeing@axahealth.co.uk)

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**IDEAL FOR**  
everyone



**DURATION**  
6 x 1-hour sessions



**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited



**HOSTED BY**  
a team of women's  
health experts



**PRICES<sup>2</sup>**  
live webinar £3,675  
pre-recorded webinar £2,250





Health

# Mental health

## SEMINAR SERIES

**The 6-part mental health seminar series covers:**

**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](mailto:wellbeing@axahealth.co.uk)

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**IDEAL FOR**  
everyone



**DURATION**  
6 x 1-hour sessions



**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited



**HOSTED BY**  
a team of mental  
health practitioners



**PRICES<sup>2</sup>**  
live webinar £3,675  
pre-recorded webinar £2,250





Health

Finance

SEMINAR SERIES

The 6-part mental health seminar series covers:

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](mailto:wellbeing@axahealth.co.uk)

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**IDEAL FOR**  
everyone



**DURATION**  
6 x 1-hour sessions



**DELIVERY**  
live webinar or  
pre-recorded webinar<sup>1</sup>



**NO. OF PEOPLE**  
unlimited



**HOSTED BY**  
a team of financial  
experts



**PRICES<sup>2</sup>**  
live webinar £3,675  
pre-recorded webinar £2,250



# Workshops and training courses

Interactive, hands-on sessions where attendees will get the chance to actively engage in activities, discussions, and exercises to learn and develop their skills.

Subjects	Delivered by	Audience
Health Champions	<div></div>	<div></div>
Health Champions – Refresher	<div></div>	<div></div>
Mental Health First Aid – First aider	<div></div>	<div></div>
Mental Health First Aid – Aware	<div></div>	<div></div>
Mental Health First Aid – Refresher	<div></div>	<div></div>
Mental Health First Aid – Champion	<div></div>	<div></div>
Mental Health First Responders	<div></div>	<div></div>
Mental Health First Responders - Peer-to-Peer	<div></div>	<div></div>
Employee Mental Health	<div></div>	<div></div>
Manager Mental Health	<div></div>	<div></div>
Human Resources Mental Health	<div></div>	<div></div>
Senior Leader Mental Health	<div></div>	<div></div>
Menopause awareness and education	<div></div>	<div></div>
Menopause Champions	<div></div>	<div></div>
Menopause training for line managers	<div></div>	<div></div>
Menopause for HR and occupational health	<div></div>	<div></div>
Suicide awareness and prevention	<div></div>	<div></div>
Suicide prevention in the workplace	<div></div>	<div></div>
Resilience workshop	<div></div>	<div></div>

Audience

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

Delivered by

- A physiologist
  - A nutritionist or dietitian
  - A mental health practitioner
  - A wellbeing expert
  - A parenting expert
  - A mental health first aid delivery team
- A Lexxic neurodiversity expert
  - Henpicked, menopause in the workplace experts
  - Minding Work, a team of experienced mental health experts
  - A team of financial experts

**Themes**  
discover seminars and workshops by health focus to help shape your plans

**Seminars**  
see a full list of available seminars (up to 1hr including Q & A)

**Seminar series**  
check out our 6-part seminar series, helping you focus on a topic, address a health trend, or tackle a societal challenge

**Workshops/training**  
Offer a more interactive, hands-on session, designed to support and develop your teams’ skills.



Check each session for delivery method, we’ll share whether available as an onsite live event, a live webinar or a pre-recorded webinar. Next, contact us and we’ll confirm availability.





# Health Champions

WORKSHOP/TRAINING

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.

**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](mailto:wellbeing@axahealth.co.uk)

<sup>1</sup>Live Session only. No recording available for this session. <sup>2</sup>Additional costs: Please be aware for all onsite activities we may need to add the cost of travel and/or accommodation depending on location. All prices are correct as of 1 April 2025 and valid until 31 December 2025. Prices exclude VAT which shall be included on invoice.

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## 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 and 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 and 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. The session will promote all your wellbeing services and initiatives, whether we provide them or not.”**

FRANCESCA BENNETT, WELLBEING LEAD, AXA HEALTH



**IDEAL FOR**  
all employees



**DURATION**  
1 day (full course)  
4 hours  
(refresher course)



**DELIVERY**  
onsite or online<sup>1</sup>



**NO. OF PEOPLE**  
up to 20



**HOSTED BY**  
a wellbeing expert



**PRICES<sup>2</sup>**  
£1,035





# Mental Health First Aid – First Aider

WORKSHOP/TRAINING

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 Mental Health First Aid trainer<sup>1</sup> 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.

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

<sup>1</sup>Accredited by Mental Health First Aid England. <sup>2</sup>Live Session only. No recording available for this session.

<sup>3</sup>Additional costs: Please be aware for all onsite activities we may need to add the cost of travel and/or accommodation depending on location. All prices are correct as of 1 April 2025 and valid until 31 December 2025. Prices exclude VAT which shall be included on invoice.

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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



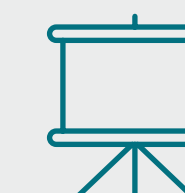
**DURATION**  
2 days (onsite)  
4 remote half-day  
sessions



**DELIVERY**  
onsite or online<sup>2</sup>



**NO. OF PEOPLE**  
up to 16



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



**HOSTED BY**  
a mental health first aid  
delivery team



**PRICES<sup>3</sup>**  
£3,210





Health

# Mental Health First Aid – Aware

WORKSHOP/TRAINING

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.

## Next, contact your account manager for more information.

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**IDEAL FOR**  
all employees



**DURATION**  
4 hours



**DELIVERY**  
onsite or online<sup>1</sup>



**NO. OF PEOPLE**  
up to 25



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



**HOSTED BY**  
a mental health first aid  
delivery team



**PRICES<sup>2</sup>**  
£1,470





# Mental Health First Aid – Refresher

WORKSHOP/TRAINING

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.

## Learn about:

- Mental health and stress at work
- Mental health continuum, stigma and non-judgement
- Warning signs, depression and anxiety
- Suicide and first aid for suicidal crisis
- Psychosis and first aid for severe psychosis
- Other mental health conditions
- Practising mental health first aid skills
- Self-care, wellbeing and recovery.

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

FRANCESCA BENNETT, WELLBEING LEAD, AXA HEALTH

**Next, contact your account manager for more information.**

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**IDEAL FOR**  
all employees



**DURATION**  
4 hours



**DELIVERY**  
onsite or online<sup>1</sup>



**NO. OF PEOPLE**  
up to 25



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



**HOSTED BY**  
a mental health first aid  
delivery team



**PRICES<sup>2</sup>**  
£1,470





Health

# Mental Health First Aid – Champion

WORKSHOP/TRAINING

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.**

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

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**IDEAL FOR**  
all employees



**DURATION**  
1 working day



**DELIVERY**  
onsite or online<sup>1</sup>



**NO. OF PEOPLE**  
up to 16



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



**HOSTED BY**  
a mental health first aid  
delivery team



**PRICES<sup>2</sup>**  
£2,120





# Mental Health First Responders

WORKSHOP/TRAINING

This two day Mental Health First Responders course trains participants in common mental health problems, their symptoms, and how to provide effective, immediate interventions. Attendees will develop key skills and, using the five step REACH approach.

## Learn how to:

- Reach out to someone in distress
- Encourage those in need to engage
- Assess for risk
- Connect the person to appropriate professional help
- Help them access the support needed

By the end of the course, the fully trained Mental Health First Responders will be able to provide emergency mental health support to those struggling with an issue or crisis, helping to prevent problems from becoming more serious and de-escalating crisis situations until professional support arrives.

## Next, contact your account manager for more information.

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**IDEAL FOR**  
all employees



**DURATION**  
2 days (onsite)<sup>1</sup>  
or 4 half days (online)



**DELIVERY**  
online or onsite<sup>1</sup>



**NO. OF PEOPLE**  
up to 16



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



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
£5,145





Health

# Mental Health First Responders – Peer-to-Peer

WORKSHOP/TRAINING

These facilitated peer consultation groups, approximately two hours in length, are open to any individual who has completed Mental Health First Responders training.

## The goal of the groups would be to:

- Support the First Responders in their role
- Work through any learning events or challenging experiences
- Reinforce understanding of the model, signposting and bridging role
- Review processing of experiences and self care

## 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](mailto:wellbeing@axahealth.co.uk)

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**IDEAL FOR**  
all employees



**DURATION**  
2 hours



**DELIVERY**  
online<sup>1</sup>



**NO. OF PEOPLE**  
up to 16



**HOSTED BY**  
a mental health practitioner



**PRICES<sup>2</sup>**  
£1,200





# Employee Mental Health

## WORKSHOP/TRAINING

Our Employee Mental Health workshop educates, informs and empowers your team around all aspects of general mental health.

Through our mental health workshops, you can effect change in your organisation by addressing the lack of knowledge that creates and perpetuates stigma associated with mental illness. Our workshops will give you and your team members a clear understanding of mental health, how to identify symptoms of common issues and how to act appropriately to assist and support others who may be struggling.

### Topics in this workshop will include:

- An introduction to mental health and wellbeing
- Common mental health issues and their signs and symptoms
- Taking stock of one's own mental health and ways to protect and improve it
- How to start a conversation about mental health
- How to appropriately support someone in distress or crisis
- Support services available, how to access them or direct others towards them

### Next, contact your account manager for more information.

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**IDEAL FOR**  
all employees



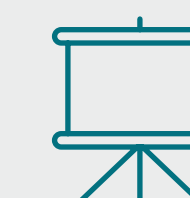
**DURATION**  
2 hours



**DELIVERY**  
onsite or online<sup>1</sup>



**NO. OF PEOPLE**  
up to 16



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



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
£1,200





# Manager Mental Health

WORKSHOP/TRAINING

Let's train and support your company's management teams on mental health – because understanding changes everything!

An Organisational Psychology and Counselling team are here to guide managers in making their workplace more mentally healthy. The session will bring managers through tried-and-tested solutions, practical approaches and show some case studies to reinforce how it can work.

## This workshop will focus on the following:

- An introduction to mental health
- Building an understanding of the links between mental wellbeing, employee engagement and increased productivity
- Knowing how to start a conversation about mental health
- Understanding different scenarios around supporting employees experiencing stress or a mental health problem
- Developing and maintaining positive working relationships in your team
- Promoting open dialogue and employee engagement
- Explaining the key role of managers
- Leading from the front in the creation of a positive mental health strategy

## 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](mailto:wellbeing@axahealth.co.uk)

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**IDEAL FOR**  
managers, leaders and  
health champions



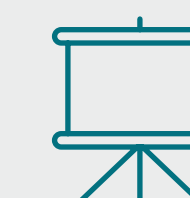
**DURATION**  
2 hours



**DELIVERY**  
onsite or online<sup>1</sup>



**NO. OF PEOPLE**  
up to 16



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



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
£1,200





Health

# Human Resources Mental Health

WORKSHOP/TRAINING

This 2-hour workshop covers key areas for mental health in the workplace with a particular focus on Human Resources and HR relevant legislation.

## This workshop will focus on the following:

- Understanding Mental Health and its impact on the workplace.
- How to respond to mental health difficulties.
- Developing an action plan to assess a situation and help.
- Resources and where to turn for help.
- Recognising HR/legal requirements regarding mental health
- Looking after your own self-care throughout these interactions.

This workshop, delivered by a team of psychologists, will provide a solid foundation from which to build companywide understanding of mental health.

## Next, contact your account manager for more information.

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**IDEAL FOR**  
occupational health  
and HR professionals



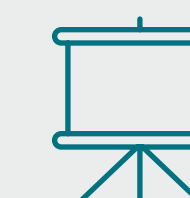
**DURATION**  
2 hours



**DELIVERY**  
onsite or online<sup>1</sup>



**NO. OF PEOPLE**  
up to 16



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



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
£1,200





Health

# Senior Leader Mental Health

WORKSHOP/TRAINING

## The workshop will include psycho-education and skills training, with a focus on:

- The role and influence of leadership in creating a mentally healthy company
- Mental health and its impact on sustainability, cost-effectiveness, risk management and productivity
- Guidance and direction for creating a strong mental health strategy
- How to engage other members of senior management
- Effectively communicating to all staff that mental health and wellbeing is a priority
- Creating, driving and sustaining an open culture around mental health

This workshop will ensure that your senior leadership are informed, educated, and engaged enough to do everything necessary to create and drive an openness to mental health and an effective strategy to support it.

## 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](mailto:wellbeing@axahealth.co.uk)

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**IDEAL FOR**  
managers, leaders and  
health champions



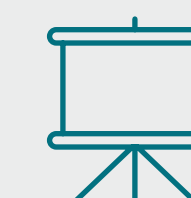
**DURATION**  
2 hours



**DELIVERY**  
onsite or online<sup>1</sup>



**NO. OF PEOPLE**  
up to 16



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



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
£1,200





Health

# Suicide awareness and prevention

WORKSHOP/TRAINING

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](mailto:wellbeing@axahealth.co.uk)

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**IDEAL FOR**  
everyone



**DURATION**  
4.5 hours



**DELIVERY**  
onsite or online<sup>1</sup>



**NO. OF PEOPLE**  
up to 20 (onsite and webinar)<sup>1</sup>



**ROOM NEEDS**  
space available to break out into groups



**HOSTED BY**  
Minding Work, a team of experienced mental health specialists



**PRICES<sup>2</sup>**  
£1,550





Health

# Suicide prevention in the workplace

WORKSHOP/TRAINING

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

Few people know that many suicides are preventable, and managers can feel unsure and have difficulty interpreting their duty of care. 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 prepared to emotionally support your team if the worst happens.

**Next, contact your account manager for more information.**

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**IDEAL FOR**  
managers, leaders and  
health champions



**DURATION**  
4.5 hours



**DELIVERY**  
onsite or online<sup>1</sup>



**NO. OF PEOPLE**  
up to 14 (onsite  
and webinar)<sup>1</sup>



**ROOM NEEDS**  
space available to break  
out into groups



**HOSTED BY**  
Minding Work, a team  
of experienced mental  
health specialists



**PRICES<sup>2</sup>**  
£1,550





# Resilience workshop

WORKSHOP/TRAINING

Support your teams to discover the strategies and approaches that help them perform consistently in a range of situations, including where under pressure, while maintaining high levels of energy and stamina. During this workshop your people will be introduced to the key components of resilience including; reality-based optimism, psychological flexibility, and knowing what truly matters to them. Following this, the session will introduce guidance for utilising resources effectively, including using a social support network, developing self-awareness, and becoming more mindful.

**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](mailto:wellbeing@axahealth.co.uk)

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**IDEAL FOR**  
everyone



**DURATION**  
2 hours



**DELIVERY**  
onsite or online<sup>1</sup>



**NO. OF PEOPLE**  
up to 16



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



**HOSTED BY**  
a mental health  
practitioner



**PRICES<sup>2</sup>**  
£1,050





Health

# Menopause awareness and education

WORKSHOP/TRAINING

Each menopause journey is different. Three out of four women experience symptoms and as many as one in four have serious symptoms.<sup>1</sup> 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](mailto:wellbeing@axahealth.co.uk)

<sup>1</sup>[Fawcett Society, Menopause and the Workplace 2022](#)

<sup>2</sup>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 one month afterwards.

<sup>3</sup>Additional costs: Please be aware for all onsite activities we may need to add the cost of travel and/or accommodation depending on location. All prices are correct as of 1 April 2025 and valid until 31 December 2025. Prices exclude VAT which shall be included on invoice.

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**IDEAL FOR**  
everyone



**DURATION**  
2 hours (onsite)  
1.5 hours (webinar)



**DELIVERY**  
onsite or online<sup>2</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>2</sup>



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



**HOSTED BY**  
Henpicked, menopause  
in the workplace experts



**PRICES<sup>3</sup>**  
£975





# Menopause Champions

WORKSHOP/TRAINING

This session focuses on the role of the Menopause Champion in supporting menopause at work. This course is suited to Menopause Champions, Mental Health First Aiders, Wellbeing Champions or others in a similar role. The aim of this session is to help understanding about the menopause, what changes happen and its symptoms, and to think about the different ways of managing them whilst signposting to support – enabling colleagues experiencing menopause to make informed choices. Participants will also gain practical skills in how to spot signs of someone struggling with menopause symptoms, the potential impact on their mental health and build confidence to have supportive conversations when needed.

## Learn about:

- Why we all need to talk about menopause at work
- What the menopause is and how someone could be affected by it
- The potential impact of menopause on mental health
- The key ways of managing menopause and signposting help and support
- When and how to offer support – how to have supportive conversations
- The champion's role in raising awareness across the organisation.

## Next, contact your account manager for more information.

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**IDEAL FOR**  
everyone



**DURATION**  
2.5 hours



**DELIVERY**  
onsite or online<sup>1</sup>



**NO. OF PEOPLE**  
30 (onsite)  
up to 30 (webinar)<sup>1</sup>



**ROOM NEEDS**  
onsite only  
theatre-style seating,  
PowerPoint facility



**HOSTED BY**  
Henpicked, menopause  
in the workplace experts



**PRICES<sup>2</sup>**  
£1,515





Health

# Menopause training for line managers

WORKSHOP/TRAINING

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.

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

<sup>1</sup>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 one month afterwards.

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**IDEAL FOR**  
managers, leaders and  
health champions



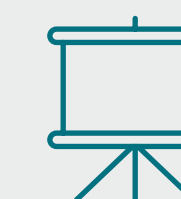
**DURATION**  
1.5 hours (onsite)  
1-hour 15 mins (webinar)



**DELIVERY**  
onsite or online<sup>1</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>1</sup>



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



**HOSTED BY**  
Henpicked, menopause  
in the workplace experts



**PRICES<sup>2</sup>**  
£975





Health

# Menopause for HR and occupational health

WORKSHOP/TRAINING

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.

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

<sup>1</sup>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 one month afterwards.

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**IDEAL FOR**  
occupational health  
and HR professionals



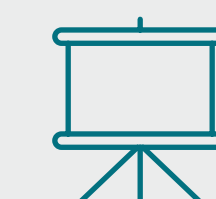
**DURATION**  
2 hours (onsite)  
1.5 hours (webinar)



**DELIVERY**  
onsite or online<sup>1</sup>



**NO. OF PEOPLE**  
unlimited (onsite)  
up to 1000 (webinar)<sup>1</sup>



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



**HOSTED BY**  
Henpicked, menopause  
in the workplace experts



**PRICES<sup>2</sup>**  
£975



# Discover seminars, workshops and training courses that are tailored to meet the specific needs of your team

## Lifestage and lifestyle

- Audience**

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

  - A physiologist
  - A mental health practitioner
  - A wellbeing expert
  - A parenting expert
  - A mental health first aid delivery team
  - A Lexxic neurodiversity expert
  - Henpicked, menopause in the workplace experts
  - Minding Work, a team of experienced mental health experts
  - A team of financial experts

### Seminars

	Delivered by	Audience
Active for life: building activity into everyday life	●	👥
Heart health essentials: understanding and protecting your heart	●	👥
The power of food	●	👥
Nutrition essentials	●	👥
Nutrition for immunity and gut health	●	👥
Nutrition in a modern world	●	👥
Living well: extending your health span for a fulfilling life	●	👥
Lifestyle changes and long term health; small change big impact	●	👥
Stress and heart: managing your mind for a healthy heart	●	👥
Diabetes awareness	●	👥
Making change last	●	👥
Understanding menopause	●	👥
Menopause and mental health	●	👥
Pre and post natal wellbeing	●	👥
Men's physical health: recognising risks and staying healthy	●	👥
Summer health	●	👥
Winter health	●	👥
Sleep your way to better health	●	👥
Building your mental health toolkit	●	👥

### Workshops and training courses

	Delivered by	Audience
Health Champions	●	👥
Health Champions – Refresher	●	👥

### Seminar series

	Delivered by	Audience
Lifestyle	● ●	👥
Women's health	●	👥
Nutrition	●	👥






Check each session for delivery method, we'll share whether available as an onsite live event, a live webinar or a pre-recorded webinar. Next, contact us and we'll confirm availability.












# Discover seminars, workshops and training courses that are tailored to meet the specific needs of your team

## Audience

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

## Delivered by

-  A physiologist
-  A mental health practitioner
-  A wellbeing expert
-  A parenting expert
-  A mental health first aid delivery team
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-  Henpicked, menopause in the workplace experts
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-  A team of financial experts

## Management and workplace wellbeing

### Seminars

	Delivered by	Audience
Working well wherever you are		
Optimise your work life balance		
Shift work: survive or thrive		
Loneliness and social isolation		
Emotional intelligence for management		
Stress management in the workplace		

### Workshops and training courses

	Delivered by	Audience
Health Champions		
Health Champions – Refresher		
Mental Health First Aid - Champion		
Manager Mental Health		
Human Resources Mental Health		
Menopause training for line managers		
Menopause for HR and occupational health		






Check each session for delivery method, we'll share whether available as an onsite live event, a live webinar or a pre-recorded webinar. Next, contact us and we'll confirm availability.













# Discover seminars, workshops and training courses that are tailored to meet the specific needs of your team

## Heart health
















### Audience

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


### Delivered by

-  A physiologist
-  A nutritionist or dietitian
-  A mental health practitioner
-  A wellbeing expert
-  A parenting expert
-  A mental health first aid delivery team
-  A Lexxic neurodiversity expert
-  Henpicked, menopause in the workplace experts
-  Minding Work, a team of experienced mental health experts
-  A team of financial experts




### Seminars

	Delivered by	Audience
Active for life: building activity into everyday life		
Heart health essentials: understanding and protecting your heart		
The power of food		
Nutrition essentials		
Nutrition for immunity and gut health		
Nutrition in a modern world		
Living well: extending your health span for a fulfilling life		
Lifestyle changes and long term health; small change big impact		
Stress and heart: managing your mind for a healthy heart		

### Workshops and training courses

	Delivered by	Audience
Health Champions		
Health Champions – Refresher		

### Seminar series

	Delivered by	Audience
Lifestyle	 	
Nutrition		



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# Discover seminars, workshops and training courses that are tailored to meet the specific needs of your team

Cancer

Audience

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

Delivered by

- A physiologist
- A nutritionist or dietitian
- A mental health practitioner
- A wellbeing expert
- A parenting expert
- A mental health first aid delivery team
- A Lexxic neurodiversity expert
- Henpicked, menopause in the workplace experts
- Minding Work, a team of experienced mental health experts
- A team of financial experts

Seminars

	Delivered by	Audience
Men's physical health: recognising risks and staying healthy		
Cancer awareness: understanding detection, treatment and risk reduction		
Preventing cancer: understanding risks and making lifestyle changes		

Workshops and training courses

	Delivered by	Audience
Health Champions		
Health Champions – Refresher		

Seminar series

	Delivered by	Audience
Lifestyle		
Nutrition		



Check each session for delivery method, we'll share whether available as an onsite live event, a live webinar or a pre-recorded webinar. Next, contact us and we'll confirm availability.



# Discover seminars, workshops and training courses that are tailored to meet the specific needs of your team

Men's and women's health

Audience

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

Delivered by

- A physiologist
- A nutritionist or dietitian
- A mental health practitioner
- A wellbeing expert
- A parenting expert
- A mental health first aid delivery team
- A Lexxic neurodiversity expert
- Henpicked, menopause in the workplace experts
- Minding Work, a team of experienced mental health experts
- A team of financial experts

Seminars

	Delivered by	Audience
Understanding menopause		
Menopause and mental health		
Pre and post natal wellbeing		
Men's physical health: recognising risks and staying healthy		
Men's health psychology		
Building your mental health toolkit		

Workshops and training courses

	Delivered by	Audience
Health Champions		
Health Champions – Refresher		
Menopause awareness and education		
Menopause Champions		
Menopause training for line managers		
Menopause for HR and occupational health		

Seminar series

	Delivered by	Audience
Women's health		



Check each session for delivery method, we'll share whether available as an onsite live event, a live webinar or a pre-recorded webinar. Next, contact us and we'll confirm availability.



# Discover seminars, workshops and training courses that are tailored to meet the specific needs of your team

Financial wellbeing

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

- Delivered by**
- A physiologist
  - A nutritionist or dietitian
  - A mental health practitioner
  - A wellbeing expert
  - A parenting expert
  - A mental health first aid delivery team
  - A Lexxic neurodiversity expert
  - Henpicked, menopause in the workplace experts
  - Minding Work, a team of experienced mental health experts
  - A team of financial experts

Seminars	Delivered by	Audience
Financial 101		
Seminar series	Delivered by	Audience
Finance		



Check each session for delivery method, we'll share whether available as an onsite live event, a live webinar or a pre-recorded webinar. Next, contact us and we'll confirm availability.



# Ready to unlock the value of a flourishing workforce

Looking to raise health awareness across your teams? For more about our range of health and wellbeing webinars, 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](mailto:wellbeing@axahealth.co.uk)**

Discover more about our wellbeing services for your business at [axahealth.co.uk/EmployeeWellbeing](https://axahealth.co.uk/EmployeeWellbeing)



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## Technical specifications for those seminars delivered as live webinars

Our webinars are fully hosted and coordinated.

You can choose from the following platforms: Microsoft Teams, Zoom or WebEx

## System requirements

Please ensure that whatever platform is chosen as part of your booking request that any attendees have the correct security permissions to access the platform, and its features as appropriate, including having enabled audio.