



# Mental Health Awareness

Virtual Learning Webinars



## Introduction

The rapid global spread of the COVID-19 virus is presenting unprecedented challenges to businesses, governments and communities world-wide.

As the pandemic unfolds and businesses scramble to adapt to new ways of working, we want you to know that we're thinking about you, your people and what you can do to maintain a positive outlook in these challenging times.

We've developed some bitesize virtual sessions, intended to give some key pointers on each topic. The content of any session can be adapted to suit your specific context and needs.

## Webinar specifics

Our webinars typically run for 30 - 60 minutes.

Sessions are virtual; we use Zoom technology but are happy to use your technology if that's easier.

These sessions are fully customisable to suit the needs of your organisation.

The sessions can be live or pre-recorded.

## **HOT TOPIC**

### **Personal Resilience**

Strengthening Personal Resilience is essential for facing uncertainty and navigating the challenges that change brings. This is a practical and experiential webinar where we invite you to come with an open mind, and be willing to learn some new tools, to explore and deepen your understanding of what is involved in becoming more resilient.

Objectives:

- Be aware of energy, health, wellbeing and resilience
- Connecting to your personal resources
- Understand what is causing the resilience to dip and how to regain balance
- Create an action plan to strengthen and maintain a resilient mindset going forward

### **Be kind to yourself - strengthen your mental wellbeing**

This webinar will enable delegates to understand the concept of self-care and the importance of looking after yourself. Exploring an approach to life which helps you relate to thoughts, feelings and stay present in 'the moment' and develop focused attention to increase wellbeing.

Objectives:

- Consider how you can achieve a more balanced approach to work
- Understand how to adapt to a busy life and how to prioritise
- Understand how the brain copes with stress
- Focus on your energy

### **Dealing with Stress**

This webinar is designed give delegates an overview of how stress can affect us in different ways, being able to understand the early signs and how to deal with them.

Objectives:

- To gain a greater understanding of what stress actually is
- To recognise the early signs of stress
- To understand where work ends and home starts
- To learn coping Strategies

## **HOT TOPIC**

### **Practising self-care with Mindfulness**

Mindfulness is an integrative approach to life that helps people relate effectively to their experiences. It involves paying attention to thoughts, feelings and body sensations in a way that can increase awareness, help us manage difficult experiences and create space for wise choices.

Objectives:

- Understand the importance of looking after yourself
- Emotional Regulation - how to create positive changes in the neural pathways
- Cultivating a compassionate mind
- Mindfulness - how it can support you through difficult times

### **Resilience, health and wellbeing**

The world is evolving at an ever-increasing pace, resulting in us experiencing more and more change at a faster and faster rate. This webinar will enable delegates to be better equipped to successfully adapt to change - be it smaller pieces of change or larger, more transformational change – by exploring resilience, health and wellbeing, and how to maximise these across different situations.

Objectives:

- Learn what resilience, health and wellbeing really is, and why it is so important to both individuals and businesses.
- Recognise the different states of resilience, and thereby raise self-awareness of where your own resilience levels are at any point in time.
- Understand the key drivers of resilience, health and wellbeing, and some of the levers you can pull.
- Work with some simple, pragmatic tools that you can use in everyday life to start to increase your resilience, health and wellbeing levels in a sustainable manner going forward.

### **Navigating Change**

External change events can be enormously challenging. The webinar will look at the impact of change; give a framework to understand the experience of being in transition and look at several ways to strengthen your capabilities to navigate your circumstances.

Objectives:

- To understand the Elements of Change: looking briefly at some core frameworks.
- To reflect more deeply on your responses to Change: think about how you are reacting in your circumstances.
- To take action to proactively navigate Change: Looking at some practical tools and ways of thinking to move forward.

## Emotional Intelligence

This webinar is designed give delegates an overview of how emotions can be a powerful ally in the workplace, both in terms of understanding your reaction to situations and how others respond.

Objectives:

- Gain a greater understanding of the potential impact of using Emotional Intelligence in the workplace
- Develop greater awareness about how you manage your emotions
- Practice using empathy in a business situation
- Explore the impact of trust and integrity in relationships
- Influence others at an emotional level
- Practise going beyond the factual to the feelings, thoughts and ideas of others, with Emotional Intelligence.

## We would love to hear from you

If you are interested to learn more or would like to run some of these sessions, we would be very happy to discuss this further.

Please contact us on: -

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