

WELLBEING FIRST AID

MENTAL HEALTH TRAINING



MENU

À LA CARTE WELLBEING WORKSHOPS

ONSITE OR ONLINE
**BITESIZE
MENTAL
HEALTH
SESSIONS**
45-90 MINUTES

MIX & MATCH TO CREATE YOUR OWN WORKSHOP SERIES

APPETISERS

MENTAL HEALTH AWARENESS

Explore the importance of mental wellbeing. Learn practical strategies for self-care and maintaining a healthy mindset.

COPING WITH STRESS

Delve deep into understanding and managing stress. Participants will learn practical stress reduction techniques to apply in their daily lives.



HORS D'OEUVRES

Interactive workshops tackling specific mental health diagnoses, offering practical strategies and actionable insights.

COPING STRATEGIES
FOR ANXIETY AT WORK 60 MINS

LET'S DISCUSS...
DEPRESSION 60 MINS

UNDERSTANDING
EATING DISORDERS 60 MINS

SELF-HARM
AWARENESS 60 MINS

SUPPORTING PTSD 60 MINS

DAILY SPECIALS



WORLD SUICIDE
PREVENTION DAY 10th
Sept

Gain knowledge and skills to recognise the signs of suicidal thoughts, understand how to approach conversations, and offer support confidently.

WORLD MENTAL
HEALTH DAY 10th
Oct

An engaging session to open up conversations around mental health, challenge misconceptions, and reduce stigma

WORLD MENOPAUSE
DAY 18th
Oct

Explore the impact of menopause on mental health and discover ways to support yourself or others during this significant life stage.

TIME TO TALK DAY 2nd
Feb

encouraging open conversations about mental health, teaching active listening skills to create a supportive environment.

SPECIAL REQUESTS

If you don't see exactly what you need, just ask – we're flexible. We can also create customised sessions tailored to your team.

SEASONAL SPECIALS



WINTER
WELLBEING October-
January

As the clocks change and daylight decreases, combat the winter blues with strategies to manage Seasonal Affective Disorder (SAD) and maintain mental health during the colder months.

NEW YEAR'S
RESOLUTIONS Throughout
January

Start the year by setting mental health goals! This session blends mindfulness with actionable strategies to foster a positive mindset year-round.

Ready to place your order?

Get in touch: kate@wellbeingfirstaid.com
or call 07931 621 213

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CHEF'S SIGNATURE DISH

COMBATTING IMPOSTER SYNDROME

This session helps participants recognise the signs of imposter syndrome, understand its impact, and explore strategies to overcome it.



TASTING MENU

Pick and mix workshops to create a bespoke series of sessions, tailored to your team's needs. Whether it's for key mental health awareness days or timely interventions, this flexible option ensures your team receives consistent year-round support.

3-COURSE
WORKSHOP MENU 10%
OFF

6-COURSE
WORKSHOP MENU 20%
OFF

9-COURSE
WORKSHOP MENU 30%
OFF

CUSTOMER REVIEWS

"Kate is always fantastic at breaking down mental health talks in an easily understandable and accessible way!" ★★★★★

"Extremely helpful with quick fire techniques to implement!" ★★★★★

"So many life-changing tips!" ★★★★★

UPGRADE TO A FULL COURSE FOR DEEPER LEARNING

1-DAY PLATTER



MENTAL HEALTH £200PP
CHAMPION
TRAINING

This 1-day course is perfect for those looking to champion mental health in the workplace. Participants will gain the confidence and practical skills to support colleagues and foster a culture of openness and wellbeing within their teams. A great step up from our bite-size workshops!

1-DAY FEAST



MENTAL HEALTH £200PP
LINE MANAGER
TRAINING

This 1-day course equips line managers with the tools to confidently support mental health in the workplace. Participants will learn how to recognise early signs of poor mental health, initiate supportive conversations, and foster a positive and open culture within their teams. Perfect for leaders who want to create a mentally healthy environment.

2-DAY BANQUET



MENTAL HEALTH £325PP
FIRST AID
TRAINING

This 2-day course equips participants with the skills and knowledge to become certified Mental Health First Aiders. Ideal for those looking to develop in-depth understanding. This training provides practical tools for recognising signs of poor mental health, offering immediate assistance, and creating a supportive workplace culture.

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