

# WELLBEING WEBINARS

## SUPPORT YOUR EMPLOYEES AT WORK AND AT HOME

### OVERVIEW

Encourage your employees to make positive lifestyle changes that will benefit their lifestyles both at work and at home. Our Wellbeing Webinars are led by experienced wellbeing coaches and are designed to encourage and support behaviour change. Wellbeing Webinars cover an extensive range of topics and are delivered online, meaning topics can be delivered to your employees at multiple locations, including those on-site and working from home.

#### KEY FEATURES

- ▶ Each live coaching webinar is hosted by a wellbeing subject expert
- ▶ Webinars are available live or pre-recorded
- ▶ Live webinars last for 1-hour (45 minute seminar, plus 15 minutes Q&A and discussion)
- ▶ Pre-recorded webinars last for 45 minutes
- ▶ Simply choose the topic and length of webinar, then promote the programme to your employees and book them onto their webinar sessions
- ▶ Participating in the webinars will help your employees to develop a greater self-awareness of their health and wellbeing, as well as gain practical tips and actions that they can incorporate into their lives
- ▶ Each webinar is delivered with a summary handout for you to circulate to all staff regardless of whether they attended the webinar
- ▶ We can deliver through our own webinar technology or through your technology as a 'guest speaker'
- ▶ Using your own technology that your employees are familiar with and used to using, can enhance engagement levels and minimise issues related to potential security policies regarding interacting with external technology





## WELLBEING WEBINARS

We offer a wide range of topics for you to choose from, including:

### LIVE WELL

- ▶ Nutrition and healthy eating
- ▶ Exercise
- ▶ Sleep
- ▶ Weight
- ▶ Pacing life
- ▶ Know your numbers
- ▶ Energy
- ▶ Hydration
- ▶ Healthy lifestyle
- ▶ Take care in the sun
- ▶ Winter health
- ▶ Alcohol
- ▶ Smoking
- ▶ Cancer awareness
- ▶ Healthy heart

- ▶ Diabetes
- ▶ Physical resilience

### THINK WELL

- ▶ Resilience
- ▶ Coping with pressure
- ▶ Performing under pressure
- ▶ Mental health awareness
- ▶ Coping with change
- ▶ Work life balance
- ▶ Mindfulness
- ▶ Applied relaxation
- ▶ Emotional wellbeing
- ▶ Positive thinking
- ▶ Make stress your friend

### WORK WELL

- ▶ Stress management
- ▶ Staying healthy on shift
- ▶ Back care and posture
- ▶ Managing fatigue
- ▶ Managing change
- ▶ Healthy aging
- ▶ Move more, sit less
- ▶ Staying healthy working outdoors
- ▶ Maintaining domestic balance
- ▶ Dealing with uncertainty
- ▶ Working from home
- ▶ Driving for work
- ▶ Working in a challenging environment

## MORE CHOICE

Educational support in a range of health and safety topics related to MSK and other issues is also available. Delivered through webinars and workshops, these are provided based on education and prevention to compliment your existing health and safety policies, procedures and evaluations.

### WELLBEING COACHING

For more in-depth information or attendee interaction with time for further reflection and group work, we recommend group coaching or 1:1 coaching sessions. For more information, please see the Wellbeing Coaching factsheet or contact us by phone or email as below.



Talk to a member of our team today

**0330 333 9100**

INFORMATION@BUSYBEESBENEFITS.COM

[WWW.BUSYBEESBENEFITS.COM](http://WWW.BUSYBEESBENEFITS.COM)

(V1.0 02.07.20)