

# Staff Wellbeing Short Courses



Available  
Fully Funded



Flexible Self  
Paced



Remote  
Learning



Tutor Lead

## Why Does Well Being Matter?

Well being is the state of being comfortable, healthy and happy - we all want that, for ourselves, and for our employees. Positive well being is associated with decreases in illness, improvement in productivity and the ability to contribute to communities.

## What can you Do to Build Well Being?

Promoting a comfortable, healthy and happy workforce will help the business and it will also allow your workforce to feel valued, supported and more productive.

## Course Content

- **Mental Health Awareness in yourself and others**
- **Stress Awareness**
- **Understanding Motivation and how to motivate others**
- **Awareness of Anxiety, impact, cause, effect and how to combat**
- **Positive outcomes**
- **Mindful Breathing**
- **Healthy eating and substance misuse**
- **Mental Health Advocacy in the Workplace**
- **Support for colleagues**
- **Understanding bipolar and schizophrenia**
- **Understanding Post Traumatic Stress Disorder**