



working mindset

Catalogue of
Workshops &
Webinars

2026

Our Solutions

Here is a catalogue of our current 'off the shelf' solutions. These can be delivered as webinars, workshops, or keynote speaker sessions.

If you don't see something you want, just let us know as we will create it for you.

- We use zoom or any in-house platform you prefer.
- All delivered by us, doctors of clinical psychology.
- Up to 500 of your people, worldwide.



Psychological Safety

Psychological safety is essential if we are to thrive, flourish and stay well in the workplace. Creating an environment where employees feel safe to share ideas and speak up where they see issues, results in more productive and interactive businesses.

Psychological safety is linked to greater employee engagement and well-being.

Participants will learn:

- What we mean by psychological safety.
- The impact of lack of psychological safety on our mental health.
- The factors that contribute to psychological safety in the workplace.
- What employees need to feel empowered to bring their true selves to work.
- How to promote a working culture where employees are comfortable being themselves.



Mental Health Awareness Training

This session introduces participants to the topic of mental wellbeing. It aims to build awareness of the simple things we can all do every day to proactively support ourselves and colleagues, to minimise mental ill health.

Participants will:

- Gain an understanding of what mental health means.
- Develop an understanding of the early warning signs of a dip in wellbeing.
- Develop a toolkit to support and strengthen psychological wellbeing.



Leading with Confidence

When 96% of leaders feel some degree of burnout and 60% of people leave their jobs because of ineffective management, looking after your own wellbeing is a business priority. Directors and managers are the cultural architects of the workplace, the catalysts that inspire innovation, build resilience and drive performance.

Participants will:

- Consider the core traits of compassion, growth, strength and focus.
- Explore the concept of growth mindset, considering how most leaders have more learning in their early career and stop doing so later.
- Explore why this is the fast track to poor performance and burnout.
- Discussion on failure and its impacts upon us as individuals.



Resilience Training

Research tells us that we need psychological flexibility to develop and maintain our resilience, enhancing both our psychological wellbeing and work performance. This session focuses on how teams can respond more effectively under stress, maintain high levels of performance and reduce work burnout and absenteeism.

Participants will learn how to:

- Think clearly and respond quickly to new opportunities.
- Tolerate high levels of frustration and uncertainty.
- Manage difficult situations, thoughts and feelings.
- Connect to values.
- Build healthy work relationships.
- Focus on being more present and aware.

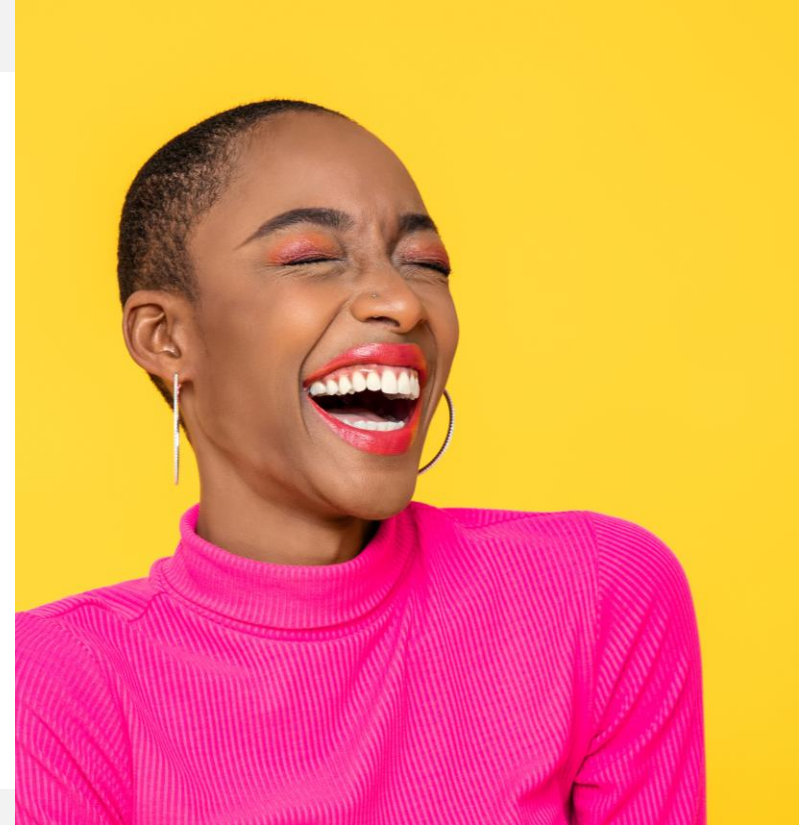


Women's Mental health

Most women juggle many roles in life: professional roles, family roles and personal roles. It can sometimes be challenging to balance these different roles without experiencing exhaustion, guilt and self-doubt – all of which contribute to our levels of psychological wellbeing.

Participants will have the opportunity to:

- Develop strategies to increase self-confidence and manage self-doubt.
- Explore practical solutions to achieving a better work-life balance.
- Develop a 'self-care toolkit' in daily life.



Menopause and the Workplace

Often viewed the taboo subject, menopause presents many women with challenges as they continue to navigate their working lives. Sadly, we know that one in four women experience menopause symptoms have considered resigning from their role.

Participants will:

- Learn about the symptoms of the menopause.
- Explore a number of strategies and ideas to manage the impact of the menopause both at work and at home.
- Share experiences in a safe space.
- Learn about workplace adjustments and explore ideas for flexible working practices.



Women – Breaking the Workplace Bias

Despite the really positive progress made, the problem of gender inequality still persists. Bias continues to hold women and workplaces back.

If employers are to support, retain, and advance women, combating the biases women face is absolutely crucial. Sadly, fewer than half of employees say they've spoken out against biased behaviour at any point in their career.

Participants will:

- Explore what unconscious bias is from a psychological and scientific perspective.
- Learn about the most common types of biases that women face at work.
- Explore specific examples of bias that women face.
- Explore evidence-based recommendations for what to do and why it matters to challenge bias when you see it.



Returning to Work after Parental Leave

Sadly, many organisations lose approximately 20% of women within the first two years of returning to work after maternity leave. This session helps organisations support their staff during this transition period. This provides your employees with an opportunity to share their experiences and explore the emotional and practical challenges that many face on their journey back to work.

Participants will have the opportunity to:

- Develop strategies to increase self-confidence.
- Share practical solutions to achieving a healthy work-life balance.
- Learn how to implement a 'self-care toolkit' in daily life.



Wellbeing for Working Parents

The challenge of managing the competing demands of work and parenthood can have a significant impact on our mental health and wellbeing.

Participants will:

- Develop ways to act compassionately towards themselves to stay well.
- Focus on what matters when managing the competing demands of work and parenthood.
- Learn strategies to manage feelings of stress and overwhelm.
- Create a self-care plan for how to thrive.

This session is relevant to parents with children of all ages.



Supporting your Children's Emotional Wellbeing

Helping children and young people to tolerate uncertainty and navigate their fears is a key role for all parents and carers. Many parents are struggling to know how to most effectively help their children who may be worried and anxious.

Participants will learn:

- How to recognise the signs that your child is experiencing worry and anxiety.
- Practical strategies to remain connected to your children and support their emotional health and wellbeing.
- How to clarify what is important to you as a parent throughout uncertain times.

This workshop is suitable for mums, dads, step-parents or grandparents.



Managing Stress, Anxiety and Overwhelm

Anxiety is a natural reaction to stress or a threat. Although this is a normal, adaptive emotion, if we experience this frequently it can be exhausting and overwhelming with huge detrimental effects on our long term physical and mental health.

Participants will:

- Understand the deep-rooted role and effects of anxiety and what happens when it 'hijacks' our behaviour.
- Learn a 4-step process for managing and re-framing experiences of heightened anxiety, stress and overwhelm.
- Explore how we can practice self-compassion to ourselves and others.
- Take home a toolkit of tips, routines and rituals to help boost mood and maintain good mental health.



Managing the Winter Blues

Although most of us experience some changes in our mood during the autumn and winter months, the impact and severity varies from person to person. A significant number of people experience symptoms such that they meet clinical criteria for Seasonal Affective Disorder (SAD).

This form of clinical depression has the seasonal pattern of onset in the autumn or winter lasting up until spring. It is estimated that up to 6% of the UK population may have symptoms that would meet the threshold for a clinical diagnosis of SAD.

Participants will:

- Develop an understanding of the biological origins of Seasonal Affective Disorder.
- Explore evidence-based psychological and behavioural strategies to manage the emotional challenges associated with the winter months.
- Develop skills in self-care and self-compassion.
- Take home a toolkit of tips and strategies to help boost mood and maintain good mental health during the winter months.



Its OK Not to Be OK: Learning to Accept Uncomfortable Emotions

As humans we experience a vast array of emotions which help us navigate our experiences. Our emotional responses are hard-wired and have been designed to protect us.

We naturally tend to want to avoid feeling uncomfortable emotional states, but this can cause us problems in the longer run. So how can we learn strategies to be more accepting of our emotional responses?

Participants will:

- Explore common myths around happiness and discover why it is so difficult to be happy.
- Learn more about our emotional reactions.
- Develop skills to relate to emotions with openness and acceptance.
- Explore how to be more self-compassionate.



It's Okay to Say No

For most of us, our work and home life boundaries have become extremely blurred, as we work longer hours and struggle to switch off from our never-ending tasks lists. Having a healthy 'NO' can have a huge impact on our quality of life. 'NO' expressed with kindness and clarity helps us to stay connected with others. Each time we express our authentic 'NO', we are saying 'YES' to ourselves, helping us be true to who we are and what we want.

Participants will have to opportunity to:

- Learn 5 simple steps for saying 'NO' clearly, firmly and kindly.
- Notice the situations and relationships in which you personally find it difficult to say 'NO'.
- Understand the myth that yes is NOT positive, and no is NOT negative.
- Recognise the value of saying 'NO'.

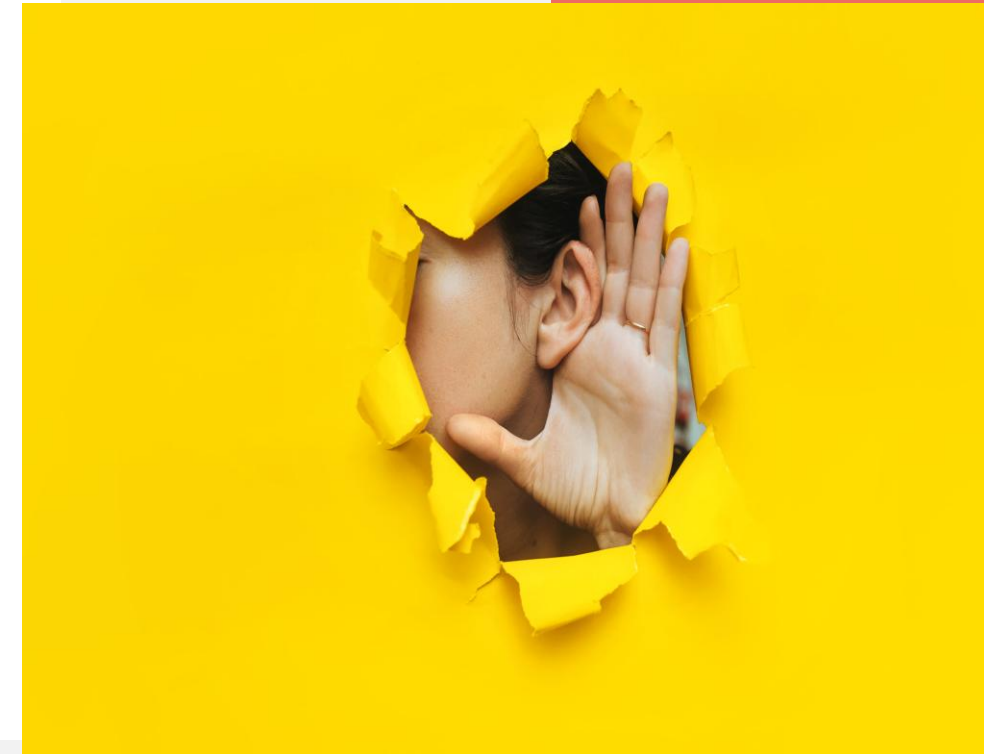


Neurodiversity in the Workplace

Neurodiversity awareness is growing and employers are recognising the wider impact of attending to this of beyond the immediate benefits for neurodivergent employees. As awareness of neurodiversity grows, it is important for workplaces to look at how they can support neurodivergent individuals to thrive.

Participants will learn:

- *More about neurodiversity, the benefits for organisations, and how to support neurodivergent people to thrive at work. We will explore:*
- *What we mean by neurodiversity.*
- *Why neurodiversity matters.*
- *How to best support neurodiverse individuals in your workplace and make reasonable, practical adjustments to accommodate their needs.*



Hybrid Working: Looking After our Mental Health

Adapting to the hybrid model is presenting new challenges. How can you ensure that you are supporting your workforce to look after their mental health as they navigate these new ways of working.

Participants will explore:

- How to manage some of the practical challenges of blending remote and office working.
- How to look after our emotional health as we navigate this change.
- How to ensure connectivity between staff to reduce the risk of isolation and loneliness.
- How to spot the signs that colleagues may be struggling regardless of workplace location.



Imposter Syndrome

This session explores the common fear of being 'found out' or being exposed as a 'fraud'. We will discuss the false beliefs where people often believe that they don't deserve the success they have achieved, which has been misattributed to luck or being in the right place at the right time.

Participants will:

- Gain a clear understanding of Imposter syndrome and its limiting and damaging impact on a person's career.
- Develop strategies to increase self-confidence and manage self-doubt.
- Develop a personal toolkit to manage Imposter Syndrome.



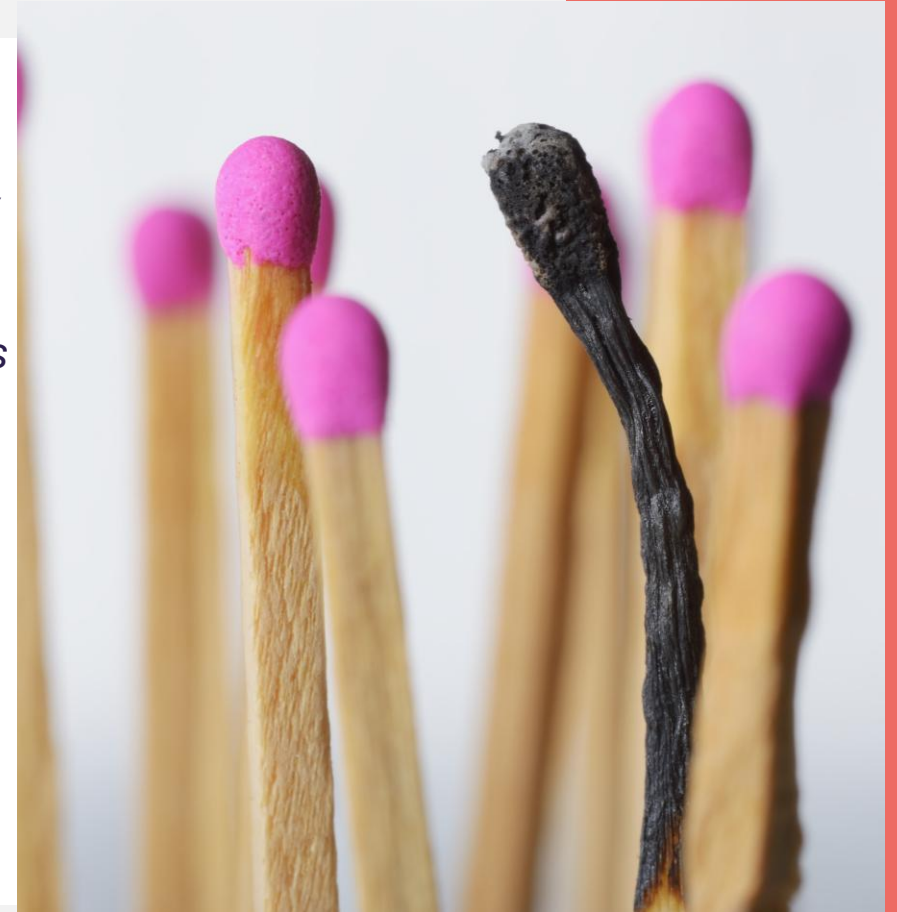
Avoiding Burnout

We are all now living in a frantic fast-paced world where the ability to multitask is often seen a badge of honour. Without care, this can lead to exhaustion and a sense of losing direction, energy and optimism both at work and at home.

Whether you are thriving in the fast lane now or feeling overwhelmed, this session offers some simple but effective ways of avoiding burnout before it is too late.

Participants will:

- Enhance their understanding of burnout and associated risk.
- Learn to recognise the key signs of burnout.
- Learn how to nip stress in the bud before it becomes chronic.
- Develop skills in self-care.
- Learn practical mind tools to draw on during times of stress and overwhelm.



Nature for Mental Health

A growing body of research shows a high correlation between exposure to nature and improved mental health.

Even just short periods of time with nature enhances mood and reduce our response to stress. This session aims to help participants get maximum benefits from these interactions by strengthening our experiences of nature and green spaces.

Participants will learn:

- The science behind nature and its importance for our mental health and wellbeing.
- How to integrate more nature into our lives.
- Strategies that connect us to nature to boost mood and reduce stress.

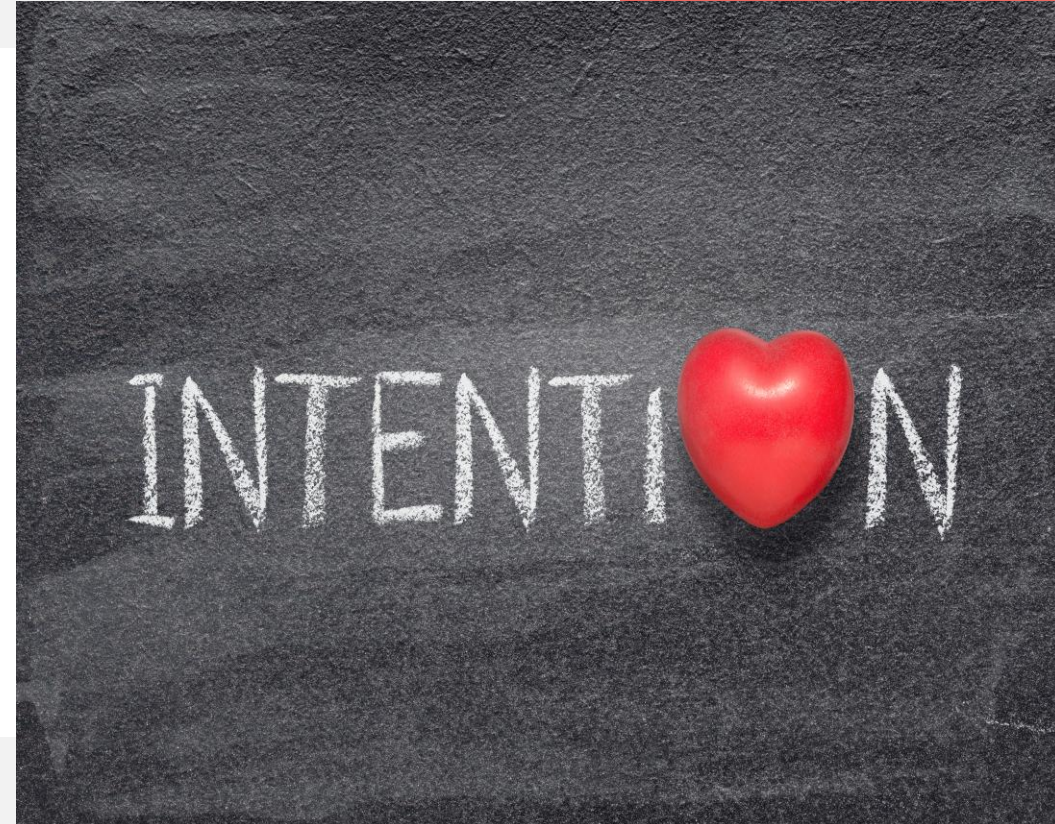


Setting Intentions

This session provides a framework to help you get intentional about what you would like to focus on and create for your wellbeing in the months ahead.

Participants will:

- Discover the benefit of setting intentions for our wellbeing both at work and at home.
- Explore a step by guide of how to set intentions and keep them.
- Clarify what matters most to you.
- Learn how to manage beliefs that might get in the way.
- Create a values-guided plan of action for both work and at home.



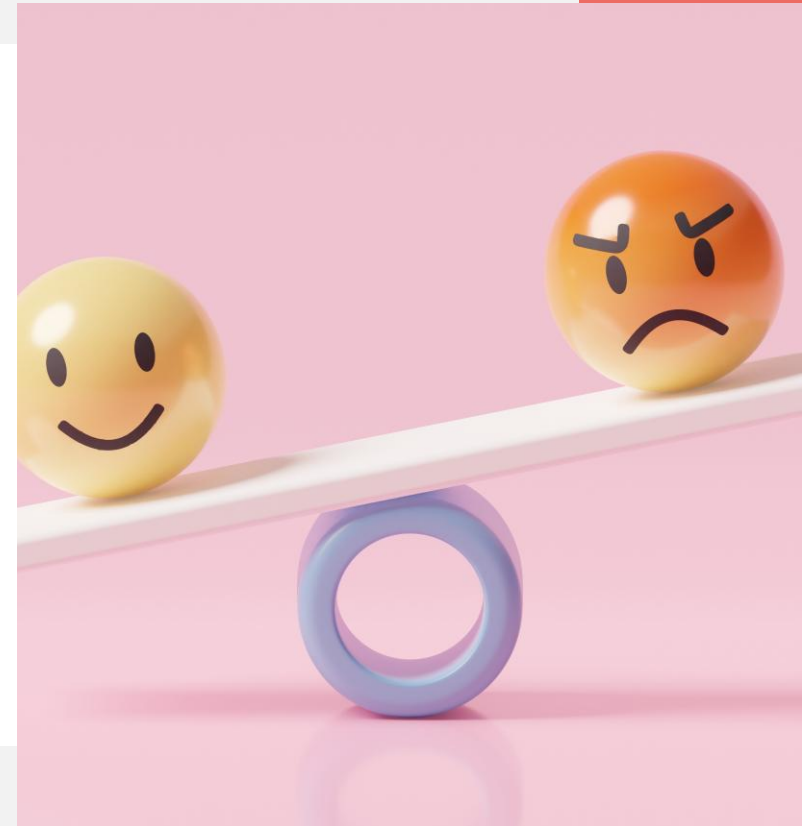
Maintaining Work Life Balance

With home working now a fixture of many of our working lives any boundaries which we may once have experienced between our work and home lives have now become extremely blurred.

For many of us, our stress levels have increased as we continue to navigate this new way of working. This session offers techniques to help reduce levels of stress in body and mind, restoring the body to a state of calm.

Participants will learn how to:

- Reduces levels of stress, tension and anxiety.
- Boost productivity and energy levels.
- Enhance feelings of contentment and wellbeing.



Loneliness and the Power of Connectedness

Research shows us that loneliness can have a serious impact on our mental health, wellbeing, productivity and self-esteem. We know that loneliness levels are increasing at a devastating rate, having a significant influence on levels of distress.

Participants will:

- Examine why connection is so important to human beings.
- Explore the effects of loneliness on our wellbeing.
- Learn psychological tools to help manage feelings of loneliness.
- Identify ideas for staying connected to others.
- Strengthen skills in self-care and self-compassion.



Science of Sleep

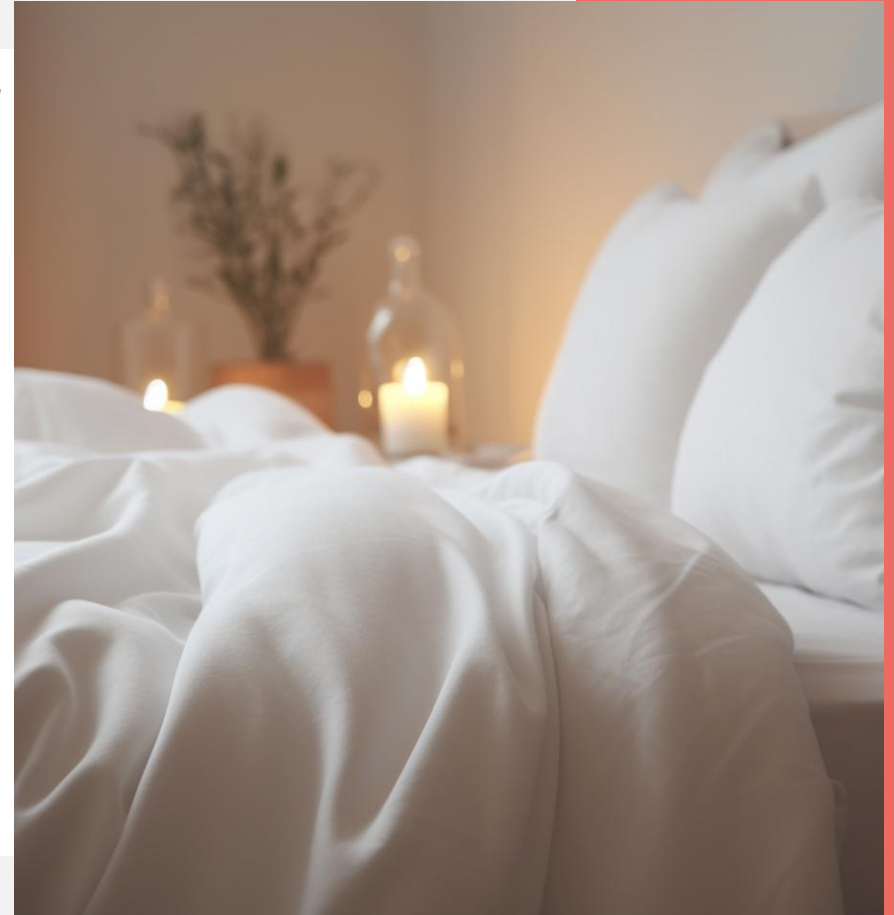
Lack of sleep has far-reaching effects on our physical and mental health. It impacts our performance and those around us.

This session explores what is happening in the body during sleep and the health problems associated with poor sleep. We explore the science of sleep, examining the role of our circadian rhythms, sleep cycles and the nervous system.

We examine what gets in the way of a good night's sleep, looking at both environmental and lifestyle factors.

Participants will:

- Gain a greater understanding of the science of sleep.
- Explore what we can do to maximise sleep.
- Gain strategies to improve sleep.



Mental Health Champion Training

Something for those who want to make a real difference to their workplace culture. This session is ideal for those who are looking to inspire and motivate others to improve their mental health and well-being and empower people to reduce stigma. We focus on building on your knowledge of mental ill health and develop skills to become an effective mental health champion.

Participants will:

- Develop an understanding of the signs and symptoms of mental ill health.
- Understand the impact of stigma and gain ideas of how to challenge this within your workplace.
- Gain skills to know when and where to signpost.
- Help embed mental health conversations across your organisation.



Development and Clinical Supervision for Mental Health First Aiders/Champions

Most MHFA & Champion networks are left unsupported. This can lead to a whole host of challenges including potential safeguarding issues for your volunteers, your employees, and your organisation which could result in liability for your business.

We facilitate regular workshops to support your network, which will provide your MHFAs/champions with a psychologically safe and interactive space where they will receive guidance and clinical supervision to deliver MHFA to your colleagues.

Participants will:

- Develop greater self-awareness within the role.
- Explore how to prioritise self-care within the role.
- Learn how to maintain boundaries.
- Discuss challenges within the role.
- Explore how our own experiences impact on how we support others.
- Develop particular skills (e.g. listening).
- Review risk management and sign posting strategies.
- Develop ongoing skills around the identification of poor mental health in ourselves and others.



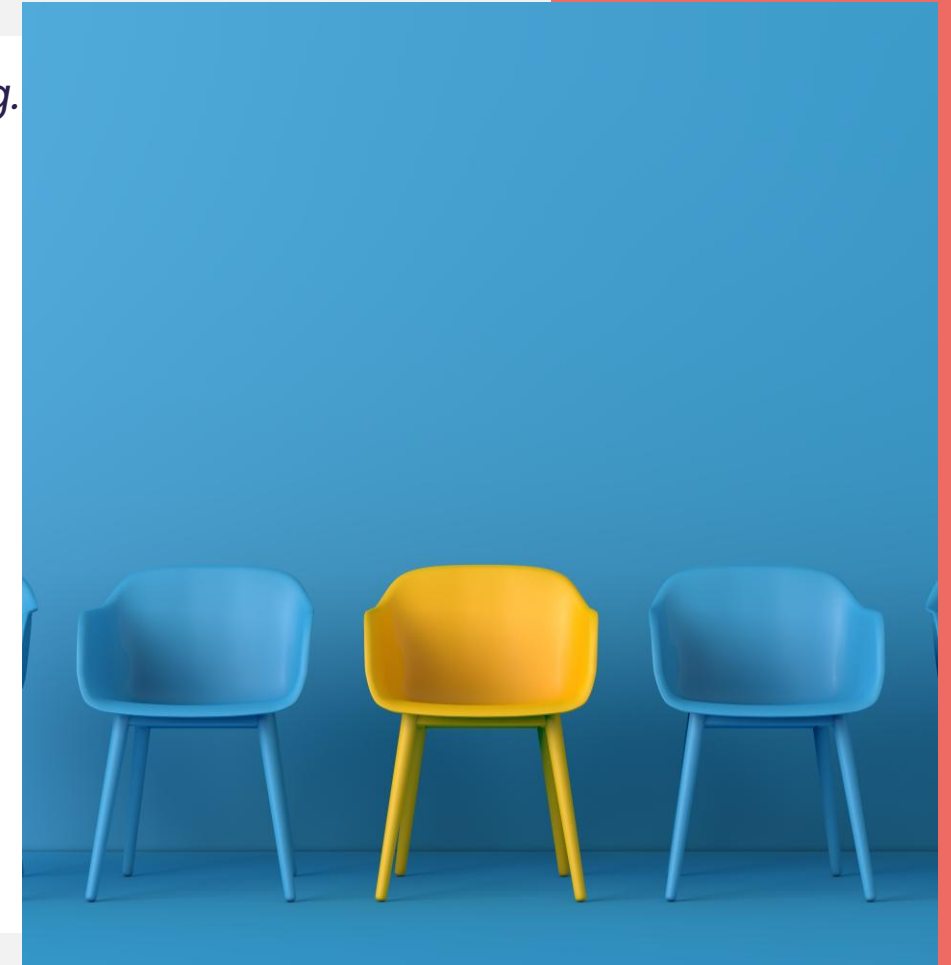
Line Manager Training

Line managers are key to supporting employees' mental wellbeing. It is therefore pivotal that not only do line managers feel able to spot the signs of possible mental ill health, but that they also feel equipped with the skills to provide support.

This training provides line managers a clear understanding of the early warning signs and symptoms of mental ill health, an understanding the role of stigma and strengthens their skills to respond effectively as a line manager.

Participants will:

- Develop an understanding of the signs and symptoms of mental ill health.
- Understand the impact of stigma.
- Develop confidence to have conversations about mental health.
- Gain skills to know when and where to signpost.



Redundancy Support

Redundancy can have a significant impact on the mental health and wellbeing of all those involved.

We provide a gold standard package of care, providing practical support to meet the challenges of redundancy and help those impacted to feel more confident to face their journey ahead.

Our package consists of three on-line webinars allowing participants to share their thoughts, concerns and experiences in a psychologically safe way.

Participants will:

- Learn how to recognise and respond to difficult thoughts and feelings.
- Learn how to manage behavioural consequences of stress and uncertainty.
- Develop a personalised action plan for next steps.





working mindset

We look forward to working with you

0208 050 3096

info@workingmindset.co.uk