



Employee wellbeing webinars and workshops

A range of interactive wellbeing webinars and in-person workshops designed to support your employees' mental and physical health.

Delivered
online or as
in-person
workshops

westfieldhealth.com/business

About our webinars and workshops

Educating your employees on the benefits of investing in their health and wellbeing can help them to make healthier and more sustainable lifestyle choices both at work and at home.

Delivered by our expert coaches, our webinars and workshops aim to build your employees' confidence, help them to make positive changes and keep them engaged and productive at work.

Key features

- Delivered online or on site as in-person workshops, so you can reach many employees at once.
- Available as one-off sessions or as a series to complement your employee wellbeing strategy.
- Live webinars can be recorded for an additional fee.
- Pre-recorded webinars available.

Webinar formats

We offer the flexibility of delivering wellbeing topics to multiple sites, home workers and remote workers via webinars.

The webinars can be delivered in conjunction with an on-site workshop programme, or as a standalone option.

- One-hour sessions including a live Q&A with our wellbeing coach.
- Delivered live via video conference Eg. Microsoft Teams or Zoom.
- Employees follow a presentation on their laptop or PC.

Workshop formats

These are our most popular format options, but we can customise the running times of workshops to suit your needs and requirements:

- Half day on site: Two one-hour workshops on site.
- Full day on site: Four one-hour workshops on site.



Our webinar and workshop topics

All our wellbeing topics are available as online webinars or as in-person workshops.

Work well

- Dealing with uncertainty
- Thriving in the new normal
- Realigning time, energy and effort
- Dealing with high pressure situations
- Working from home
- Maintaining domestic balance
- Thriving through change
- Staying healthy on shift
- Back care and posture
- Managing fatigue
- Healthy ageing
- Move more, sit less
- Managing the menopause

Live well

- Happy habits and wellbeing rituals
- Financial wellbeing
- Know your numbers
- Optimising sleep
- Money, happiness and wellbeing
- Achieving a healthy weight
- Alcohol awareness
- Cancer awareness
- Safe start to exercise
- Energy for life
- Take care in the sun
- Nutrition and healthy eating
- Physical resilience: managing personal energy and fatigue
- Pacing life
- Keep properly hydrated
- Keep fighting fit in winter
- Boosting your immune system
- Smoking cessation
- Healthy heart
- Diabetes awareness
- Men's health
- Women's health

Think well

- Stronger together
- Dealing with pressure
- Dealing with anxiety
- Life balance
- Developing mental resilience
- Mental health awareness
- Introduction to mindfulness
- Applied relaxation
- Emotional wellbeing
- The power of positive thinking
- Suicide awareness
- Understanding self-harm
- Dealing with bereavement
- Understanding addiction
- The benefits of exercise on mental health
- Children's mental health
- Neurodiversity

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We recently held employee webinars on a number of key topics delivered by the Westfield Health Coaches and these were well received by our employees.

Our topic recommendations would be: Dealing with Uncertainty, Positive Thinking, Mindfulness, Life Balance, Mental Health Awareness and Working from Home.

**Carla Vaughan, UK HR Manager,
Fellowes**

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Work well



Dealing with uncertainty

Few of us have ever experienced the disruption to our daily lives that we've experienced since Covid-19 and the associated uncertainty, anxiety and fear. This session reminds us of what we can do to ensure our own 'psychological safety' and explores ways to switch to 'positive hardwiring.'

Thriving in the new normal

When we're out of our comfort zone, flexibility in how we operate can change our old ways of seeing things to new ways of 'doing' things. Learn to adopt a positive mindset and plan for ongoing personal growth and wellbeing.

Realigning time, energy and effort

This session focuses on how we can prioritise time and energy to free ourselves up for a more productive and balanced way of working.

Working from home

Homeworking requires discipline to stay focused, engaged, productive and healthy. Here we cover the four golden rules for remote working, effectively scheduling your day and being realistic with expectations.

Dealing with high pressure situations

Research shows it's not necessarily stress that can be damaging to our health, but how we view and react to pressure. This session covers how to cope with these situations and how to recognise when we aren't coping as well as we could be.

Maintaining domestic balance

Working from home can create pressures due to restricted space and competing demands. You'll learn practical ways to identify and manage the needs of others to maintain healthy and happy relationships at home.

Thriving through change

Change is inevitable in life and this webinar helps you to identify coping strategies and take more control.

Staying healthy on shift

Working shifts disrupts our natural body clock, but there are a range of simple things we can do to adapt to this challenge. This session provides tips for managing your energy levels and preventing fatigue on shift.

Work well



Back care and posture

Poor posture and related musculoskeletal problems are increasing. Understand the common triggers of back pain, lifestyle considerations to help prevent back problems and how to protect your back whilst at work.

Managing fatigue

When we're fatigued, this impacts our energy levels, engagement and performance. This session introduces the concept of 'personal energy management' and gives practical ways to manage your energy levels and reduce fatigue.

Healthy ageing

This session focuses on what we should be doing now to ensure we stave off any signs and symptoms of poorer ageing and help us to enjoy life to the maximum as we get older.

Managing the menopause

This session aims to raise awareness of menopausal symptoms and their impact on women's working lives. It will cover common symptoms, the impact on workplace wellbeing and practical ways to reduce the impact of the menopause at work.

Move more, sit less

Moving a little more each day can help make a big difference to our long-term health. Learn how you can build more activity into your daily routine, create exercise goals and develop an exercise plan to help increase your activity levels.

For more information or to book, please speak to your Westfield Health & Wellbeing Consultant

Live well



Happy habits and wellbeing rituals

Learn how to ditch bad habits and gain tools to help you adopt new positive habits that become everyday rituals.

Financial wellbeing

This session will help you get into better money habits, understand the difference between saving and investing and provide tips to help you save for your bigger goals.

Optimising sleep

You'll receive practical advice on ways to improve your sleep pattern and quality of sleep.

Money, happiness and wellbeing

This session introduces the benefits of positive thinking, the money/wellbeing paradox and positive habits to improve emotional awareness.

Achieving a healthy weight

We'll dispel common weight loss myths and give you practical and realistic advice for achieving the right body composition.

Alcohol awareness

Learn the facts about alcohol consumption, the risk to your health and advice on cutting down your intake.

Know your numbers

Learn what your key health values should be to help maintain good health and understand the simple lifestyle changes you can make to improve your overall health.

Cancer awareness

Here we discuss the impact of making positive lifestyle changes to reduce the overall risk of developing cancer.

Safe start to exercise

Learn about current exercise recommendations, the FITT principle and effective exercise programmes for your personal goals.

Energy for life

This webinar will help you to think of your energy levels like a bank account and teach you how to keep the balance topped up to improve your energy levels and performance.

Take care in the sun

In this session we'll help you understand the risk factors of the sun, the basics of skin cancer and provide practical ways to protect yourself from sun at work.

Live well



Nutrition and healthy eating

Learn about 'nutrition optimisation,' what constitutes a healthy, balanced diet and how to create a balanced eating plan to enhance energy and performance.

Physical resilience: managing personal energy and fatigue

You'll learn about the concepts of 'ideal performance state' and 'ideal recovery state' and receive practical tips to enhance your energy levels.

Pacing life

This session teaches you how to build recovery into your days, how to improve sleep and how to optimise your performance by working in 'ultradian sprints.'

Keep properly hydrated

Understand the signs of dehydration, how much fluid you should consume daily and gain tips to keep properly hydrated and enhance your performance.

Boosting your immune system

Practical advice on lifestyle adaptations to strengthen your immunity and physical resilience.

Keep fighting fit in winter

We'll provide you with practical advice on ways to optimise health and the steps to take to develop physical resilience for winter.

Smoking cessation

In this session you'll learn the best ways to give up smoking and change your habits to lead a healthier lifestyle.

Healthy heart

This session is designed to introduce the key areas to improve heart health.

Diabetes awareness

You'll understand how to prevent and manage diabetes through achievable lifestyle interventions.

Men's health

Designed for all men, to help you take a proactive approach to managing your health and understand key health concerns.

Women's health

This session is suitable for all women and will improve your understanding of key health issues, such as cancer and menopause.

Think well



Stronger together

We explore how we are 'stronger together'. You'll learn about 'emotional intelligence' and how it can calm you down, help you to feel more in control and better placed to help and support others.

Dealing with pressure

Learn practical ways you can optimise your performance while under pressure and how to develop mental coping strategies.

Dealing with anxiety

Anxiety is a common mental health condition. You'll learn about General Anxiety Disorder (GAD), how to use the applied relaxation process and how mindfulness can help to reduce anxiety.

Life balance

We'll discuss how to create a sense of renewed personal equilibrium and how you can develop a better balanced life.

Developing mental resilience

It can often feel as if we're jumping from one high-pressure situation to another. This session covers the importance of self-awareness and ways to develop mental coping strategies.

Mental health awareness

Feeling mentally 'healthy' helps us cope with the stresses of everyday life and work productively. This session covers signs and symptoms of common mental health problems, where to go for help and how to create positive habits to improve mental wellbeing.

Introduction to mindfulness

We provide an introduction to mindfulness, relaxation techniques, and how to create a personal strategy for working more effectively under pressure and managing stress.

Applied relaxation

This session introduces personal relaxation techniques to help you deal more effectively with physical tension, pressure situations and anxiety.

Children's mental health

This session will help improve your understanding of the main conditions that children might experience, identify causes and some useful self-help measures.

Think well



The power of positive thinking

Here we cover the benefits of positive thinking, the mind/body link, the impact of negative self-talk and daily rituals to help align positive thoughts with performance and wellbeing.

Suicide awareness

In the UK, the suicide rates continue to rise and the need for suicide prevention is as great as ever. In this session, we'll discuss the common myths about suicide and how to use the five pillars of support to help someone who is struggling to cope.

Dealing with bereavement

This session explores the physical, mental, emotional and behavioural symptoms of grief, discusses the tasks of mourning, and provides practical strategies to help cope with grief.

Neurodiversity

This session introduces the concept of neurodiversity and gives practical options to help embrace neurological differences to everyone's benefit.

Emotional wellbeing

You'll gain practical tips and positive habits to improve emotional awareness, personal balance, performance and sense of fulfilment.

Understanding self-harm

We'll explore what self-harm is and how to support someone you know who may be in distress.

Understanding addiction

This session has been designed to help you understand more about the signs and symptoms of an addiction. The session also highlights how 'addiction' may differ from 'misuse.'

The benefits of exercise on mental health

Regular exercise has been proven to have a positive impact on areas such as depression, anxiety, dementia and ADHD. This session focuses on the link between mental resilience and exercise, the impact of exercise on energy and sleep, and how to build a manageable exercise routine to achieve mental health goals.



To book your webinar or workshop

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Or speak to your Westfield Health and
Wellbeing Consultant

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