

Westfield Health

# Employee Workshop Catalogue

[www.westfieldhealth.com](http://www.westfieldhealth.com)





# Contents



## About Westfield Health

---

We're dedicated to making a healthy difference to the quality of life of our customers and the communities in which they live and work.

We inspire and empower each other to be the best that we can be, so we can deliver evidence-based health and wellbeing solutions that support people, communities, and workplaces to be healthier.

We're proud of our not for profit heritage and are passionate about making a healthy difference. We have no shareholders, so the more successful we are the more we can give back to those around us.

## Meet the Experts 2

---

## Introduction 4

---

## Think Well 5

---

Coping better with pressure	6
Emotional wellbeing	7
Introduction to mindfulness	8
Mental health awareness	9
The power of positive thinking	10

## Live Well 11

---

Healthy eating	12
Achieving a healthy weight	13
Improve your sleep	14
Get active	15
Energy4life	16

## Work Well 17

---

Dealing with high pressure situations	18
Back care & posture	19
Coping better with change	20
Staying healthy on shift	21
Safety in the sun	22

# Meet the experts

Our team of over 50 coaches are experts in delivering a wide range of health and wellbeing workshops tailored to the needs of your organisation. Here are a few of our team:



## Mark Pinches

Mark has over 20 years experience as a Performance Coach and Mentor, specialising in wellbeing, change management and leadership development. He is also a Brief Strategic Therapy and Clinical Hypnotherapy Practitioner with application experience in organisational, business and professional sport covering a 30 year period.

Mark has worked with a wide range of clients including many professional sports teams and athletes up to Team GB and National Team Captaincy level. These include Formula One (Benetton Team) and International Motor Racing (Subaru 555 WRX and Honda Touring Car Team), GB Level Rowers, teams and individual athletes and performers from the performing arts & media.



## Linda Munster

Linda is a highly experienced Nutritional Therapist, Wellbeing Coach and Author. She runs a wide range of nutrition-related and wellbeing seminars and workshops, aimed at companies and organisations encouraging healthier lifestyle habits, promoting a more energised, resilient and productive workforce.

Linda is a successful author who developed the POWER Eating Plan™. She is the author of 'No Caffeine Required: What to Eat to Energise your Working Day, Naturally' aimed at helping busy people to implement a healthy eating and lifestyle plan in order to stay energised and productive throughout their day.



## Kyle Davies

Kyle is a chartered occupational psychologist, therapist, coach, trainer, and author. He is the creator of energy-flow coaching™, which provides a framework and process that can be applied to a health setting for eradicating symptoms of numerous chronic mental and physical health issues.

Kyle is an Associate Fellow of the British Psychological Society, and author of the recently published book, 'The Intelligent Body' (WW Norton & Co). Kyle has presented at workshops, seminars, and conferences in the UK, USA, New Zealand, and Europe; he has trained and supervised coaches and therapists in the UK and overseas. Kyle has been a regular contributor to ITV Wales News, and is frequently heard on radio and podcasts.



## Brian Johnson

Brian has over 27 years experience working in the NHS, with 15 of these in NHS Management. His key qualifications include RMN, Fitness Appraisal, Health Appraisal, Personal Trainer, Sports Therapy, Rehabilitation, Ultra Sound, Sports Massage and Body Massage.

He travels extensively across the UK as as a Health Coach, as well as being a tutor to other Health Coaches. He is also an NVQ Assessor and Trainer, and delivers workshops on a range of health topics.

Brian is also a published writer on health topics for publications such as Zest, Cosmopolitan and Natural Health.

# Meet the experts



## Melissa Crate

Mel is a Coach, Mental Health Expert and trained Mindfulness-based Cognitive Therapy Teacher. She teaches on resilience, mindfulness, stress management, productivity and other personal and professional performance topics.

Mel is extremely passionate about the benefits and results of wellbeing programmes, having spent a decade working in high-pressure environments, where work/life balance and mental health were never treated as a priority. As a result she experienced and witnessed high-stress levels, exhaustion and eventually burnout, which is when she came to the conclusion that looking after employees' mental and physical health at work was the key to high performance and a thriving organisation.



## Alex Morphet

Alex is an experienced Health & Fitness Consultant and Trainer. His qualifications include a Bachelor of Applied Exercise Science (Sports Management) and an MSc in Sport and Exercise Science.

With extensive experience working alongside organisations as well as established athletes, Alex has helped to support and improve the overall health and fitness of a wide range of clients.

He has recently worked with the Home Office in London as a Health and Fitness Consultant, where key responsibilities include rehabilitation programmes, training and mentoring, health testing and operational management of the gym.



## Jaimie Shires

Jaimie is a highly qualified and experienced Life and Wellbeing Coach and Psychotherapeutic Counsellor. She delivers effective mental health training and coaching at personal and organisational level in order to improve employee wellbeing and performance.

Jaimie has a skill in assisting individuals make sense of their difficult circumstances and enable them to change their perspectives, beliefs, emotions and behaviours in order to facilitate positive transformation. She adopts a holistic approach to mental health and works collaboratively with individuals to provide support that meets that individuals specific needs at each stage of their development.



## Cathy Lawson

Cathy is an experienced Wellbeing Coach, Trainer and Mental Health First Aid Instructor having spent over 20 years working with managers, teams and organisations to improve resilience, emotional intelligence and performance.

Her fundamental understanding is that employees with good physical, emotional and mental health will support reduced sickness, absenteeism, presenteeism and increased levels of commitment and performance.

Cathy is also a Health Coach for the NHS's 'Healthier You' diabetes prevention course, training and coaching individuals to make lifestyle changes to avoid the risk of developing type 2 diabetes.



# Introduction

**Our workshops and seminars deliver the sustainable behavioural change that makes a real difference to your business.**

**You can choose from a range of topics that help employees to live well, work well and think well including:**

- Introduction to mindfulness
- Mental health awareness
- Healthy eating
- Improve your sleep
- Back care & posture
- Dealing with high pressure situations

**All workshops are:**

- Suitable for all employees
- Practical and create thought provoking discussion
- Encourage behaviour change

**Key features of workshops and seminars include:**

- Interactive group coaching sessions
- Handouts and exercises included
- Coaching drop-in clinics for 1-2-1 consultations are provided in most format options
- Webinars are available to support remote workers

**Session formats:**

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion). For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours in duration.

**Session size:**

For your employees to get the most from the sessions, we suggest a maximum of 25 employees for all seminars and workshops, although we can deliver to any number of employees.





# Think Well

*Helping your workforce to look after their emotional wellbeing*

Employers are increasingly turning their focus towards wellbeing in the workplace as a key driver towards improving company culture and achieving their goals.

It's becoming clearer that a healthy and happy workforce is more productive, motivated and engaged – ultimately leading to organisational success.

These workshops will help to support the emotional wellbeing of your workforce, covering areas such as how to reduce stress, dealing with pressure, mindfulness and positive thinking.

# Coping better with pressure

We are all being asked to do more, with less and faster, whether that's at work or in our personal lives. Our days can often feel as if we're jumping from one high-pressure situation to another. The net result is that we are spending longer in our 'stretch and strain' zones without any let up.

This workshop is suitable for everyone. No matter how well you already cope with high-pressure situations, everyone has the capability to build further resilience to pressure.

## Content

- Understand the difference between pressure and stress
- Understand the relationship between pressure and performance
- The importance of self-awareness - identifying your own signs and symptoms that you are in the strain zone
- Introduce techniques for managing the actions to take to escape the strain zone
- Know how to pace life and take more control
- Introduce practical tips for developing every day mental coping strategies

## Employees will:

- Achieve greater self awareness as a means to developing resilience
- Learn practical ways to develop resilience as a means to work and thrive under increasing pressure
- Manage stress better and identify strategies to improve performance



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.

# Emotional wellbeing

Emotional wellbeing relates to the ability to link our feelings and health. This introductory workshop introduces the importance of understanding and managing our emotions and how this can lead to improved overall mental and physical wellbeing and contribute significantly to building personal resilience to a fast-paced and rapidly changing world.

## Content

- Defining emotional wellness and emotional intelligence
- The importance of understanding and managing emotions
- Cultivating an increased awareness of emotions
- The importance of communication in understanding emotions in others
- Practical tips and positive habits to improve emotional awareness personal balance, performance and sense of personal fulfilment

## Employees will:

- Develop greater self-awareness and a stronger 'sense of self' to improve overall personal emotional wellness by adopting emotional intelligence both individually and for helping to understand others
- Increase their emotional Intelligence
- Understand the benefits of sharing feelings and emotions at work
- Develop a progressive personal plan to incorporate Emotional Intelligence and Emotional Wellness into everyday life



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.



# Introduction to mindfulness

**Paying more attention to the present moment – to our own thoughts and feelings, and to the world around us – can improve our mental wellbeing.**

**This introductory workshop provides an insight into the concept of mindfulness and introduces practical techniques to get started in more mindful practices that can be used both at work and at home.**

## Content

- Introduction to mindfulness – the links between wellbeing & performance
- Mindfulness, productivity and effectiveness under pressure
- Mindfulness relaxation techniques - when to use them at work and at home
- Slowing down and learning to pay attention, be more present and engaged in the moment
- Developing a progressive personal plan to incorporate more mindfulness practice in everyday life
- Developing a personal strategy for working more effectively under pressure, managing stress and reducing anxiety
- Taking the first steps toward longer term personal balance and wellbeing

## Employees will:

- Develop a progressive personal plan to incorporate more mindfulness practice in everyday life
- Develop a personal strategy for working more effectively under pressure, managing stress and reducing anxiety
- Take their first steps toward longer term personal balance and wellbeing
- Know how to practice a new way of 'being'
- Feel more awake, alert, alive and engaged
- Have increased feelings of peace and calm



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.

# Mental health awareness

Feeling mentally healthy is a state of wellbeing in which we realise our own potential, can cope with the normal stresses of life, can work productively and are able to make a contribution to the community that we live and work in. Mental wellbeing is about how we feel about ourselves; how we feel about others; and how we are able to meet the demands of life.

## Content

- Understanding why we need to know about mental wellbeing
- Identify the early signs of a range of mental health conditions
- Developing a better awareness of anxiety, depression and stress – what are they and what are the signs and symptoms that all may not be as it should be
- The importance of understanding and managing emotions
- Practical tips and positive habits to improve emotional awareness and mental wellbeing
- Common mental health issues – signs and symptoms
- Where to go for help
- Reducing the stigma of mental health issues

## Employees will:

- Understand more about some of the most common mental health conditions and the typical signs and symptoms we might see in ourselves and our colleagues
- Know what to do and where to go for help when increased pressures start to have an impact on mental wellbeing



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.

# The power of positive thinking

Is your glass half-empty or half-full? How we answer this age-old question about positive thinking may reflect our outlook on life, our attitude toward ourselves, and whether we are more optimistic or pessimistic. All can have a major impact on our overall level of wellbeing.

The positive thinking that is typically aligned with optimism is also a key part of effective stress and pressure management and a key to developing resilience. In addition, effective stress management is associated with many health benefits. If we tend to be pessimistic there is much we can do to learn positive thinking skills.

## Content

- The mind/body link – we are what we think!
- The impact of negative self-talk
- Practical tips and daily rituals to align positive thoughts with performance and wellbeing

## Employees will:

- Identify the benefits of positive thinking
- Identify habits that can help them become a more positive thinker
- Identify the links between motivation and positive thinking
- Learn how negative thinking and self-defeating attitudes create a vicious cycle
- Understand the links between positive thinking, good health and life balance



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.



# Live Well

*Supporting your staff to make healthier lifestyle choices*

You might already be providing free fruit and other healthy eating options for your staff which is a great start, but you shouldn't stop there.

The real benefits come from educating your staff, enabling them to make healthier and sustainable lifestyle choices both inside and outside of the workplace.

These workshops will help to encourage employees to take up healthier lifestyle habits, covering areas such as healthy eating, getting a better night's sleep, keeping active throughout the day and how to increase energy levels.



# Healthy eating

We could all probably eat a little healthier and enhance our energy and performance by paying a little more attention to what we eat. The seminar will provide eight simple habits to follow each day to enhance your nutrition and a four week plan to support you in taking action after the seminar. The seminar provides a fresh and up to date view on nutrition. Suitable for everyone, they are designed to support us all in achieving optimal nutrition.

## Content

- The importance of nutrition and its impact on wellbeing
- Nutrition and performance
- What constitutes a healthy, balanced diet
- The latest on 'nutrition optimisation'
- Dispelling nutritional myths and confusion about nutritional balance
- Understanding nutritional information (traffic light system and guideline daily amounts)
- Why we eat more
- The Eat Well guide understanding the importance of a balanced diets and what makes up a balanced diet
- Portion size guides for different food groups
- An eating plan to achieve more balance

## Employees will:

- Learn how to develop a more balanced diet
- Develop knowledge on controlling portion sizes
- Develop knowledge on the different food groups and calories
- Get support to achieve optimal weight management
- Learn how to incorporate six simple daily habits to eat a little healthier and achieve improved overall wellbeing



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.



# Achieving a healthy weight

For many who strive to achieve weight loss, a temporary imbalance to their usual lifestyle behaviours appears to be required, but this isn't sustainable and inevitable weight gain results when behaviours return to those which assisted in gaining the weight in the first place!

To maintain an optimal body composition we need to achieve a balance through behaviours that are sustainable. This seminar dispels some of the weight loss myths and misunderstandings and gives practical, realistic and achievable advice as how to achieve the right body composition.

## Content

- What is body composition and how do we measure and assess it accurately?
- Why is weight a problem?
- Do diets work?
- Understand the eight effective habits for weight loss
- Look at the four week programme for guaranteed weight loss
- Discuss practical solutions and pick up top tips for losing weight

## Employees will:

- Identify and start to act on a personal behavioural strategy that can be used and sustained to improve their overall body composition, leading to improved appearance, health and wellbeing



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.

# Improve your sleep

Today in the UK only 1 in 10 say we always sleep well; 1 in 5 will suffer from lack of sleep; and 2 in 3 say we get less sleep than we did a few years ago! 'Feeling Tired All the Time' is now one of the main health complaints reported at GP's surgeries and whilst it's very common, it isn't normal and it isn't good for our health.

Sleeping a little better is a lot easier than we might think and this seminar will provide seven simple daily sleep rituals to follow.

## Content

- Why sleep is such an issue today – trends and statistics
- Understand the science behind what sleep is and why it's so important
- Look at the key factors that commonly lead to poor sleep
- Develop practical strategies for tackling difficulties with falling to sleep when you first go to bed and getting back to sleep when you wake up during the night
- Discuss practical preventative solutions for enhancing your sleep and learn how to develop a personal action plan for better sleep

## Employees will:

- Understand the key issues with sleep and learn practical tips to improve the quality sleep patterns to aid performance, reduce fatigue and improve overall health and wellbeing
- Create a personal action plan for improved sleep



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.

# Get active

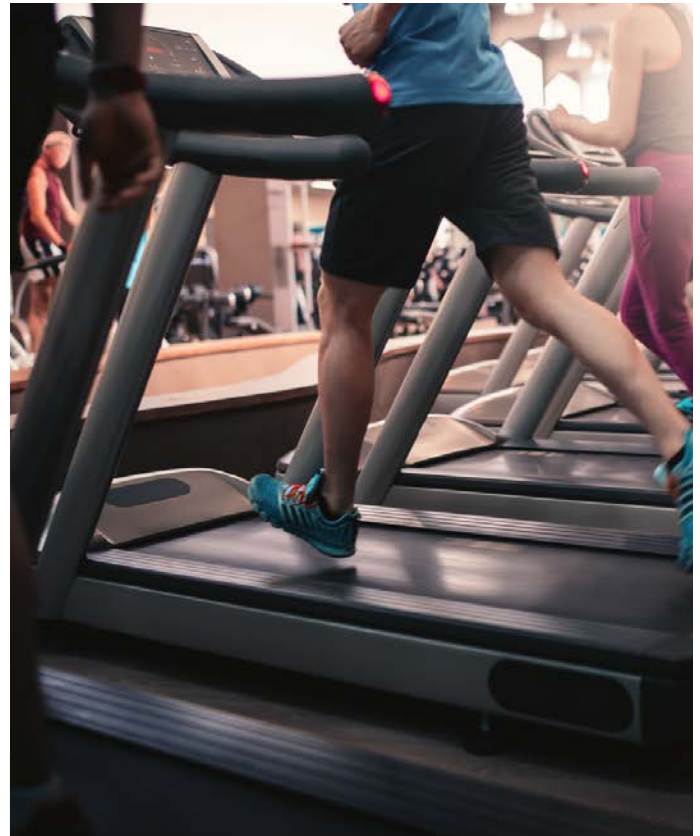
**This workshop focuses on assisting you to implement an effective exercise programme that helps you to plan and monitor your weekly exercise routine to support you in achieving your goals.**

## Content

- Current exercise recommendations
- The principles of training and the body's respond to exercise
- Overview of the FITT (frequency, intensity, time and type) principle, including heart rate training zones
- How to structure exercise to achieve goals
- Examples of effective exercise programmes for weight management, improving endurance and flexibility

## Employees will:

- Know how to put together an effective exercise programme
- Understand how to monitor and progressively develop an exercise programme over time
- Identify ways to avoid injury and overtraining



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.

# Energy4life

Our actual energy levels and perception of our own level of energy and fatigue will determine how well we feel at any moment in time and dictate how well we perform.

If we think of our energy levels as an account- there will be withdrawals and opportunities for deposits throughout the day. The world out there will take care of withdrawals, but there is much we can do to make regular deposits to ward off fatigue and ensure we keep engaged, productive and well.

This seminar introduces the concept of Personal Energy Management with practical tips and ways to operate and work in a smarter way.

## Content

- Introduction of Personal Energy Management
- Show how energy levels impact on performance and wellbeing
- How pressure impacts on our energy levels and what we can do about it
- Introduce the importance of regular periods to 'recharge' energy during the day
- Personal four week action plan

## Employees will:

- Learn practical tips to move away from trying to manage time and toward more efficient personal energy management
- Change their viewpoint on what contributes to our feelings of enhanced energy states and practical ways to 'recharge the batteries'
- Develop an action plan to improve their energy levels



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.





# Work Well

*Empowering your people to be the best that they can be*

Improving your business and achieving organisational goals is important, but you need to think about your people – what are you doing to improve them, to enable you to reach these goals and go above?

These workshops will help your employees to work smarter and more efficiently, covering areas such as how to deal with high pressure situations, back care and correct desk work posture, staying healthy on shift and how to cope with change.



# Dealing with high pressure situations

Significant new research shows that it's not necessarily stress per se that can be damaging to our health, but more importantly how we view and react to high pressure and sudden situations.

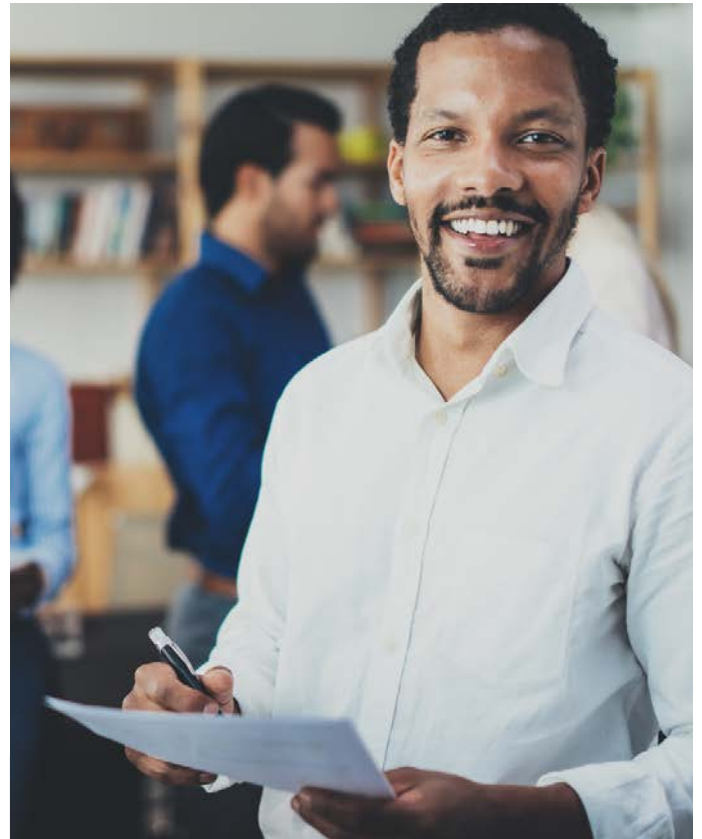
This workshop is suitable for everyone, no matter how well they currently cope with high pressure and more demanding situations. Participants are provided with a blueprint for reacting and dealing with sudden high pressure circumstances. This coping strategy is the very one Sir Chris Hoy attributes to his success in winning his Olympic gold medals.

## Content

- How approaching high pressure situations can more positively significantly enhance our resilience and long term physical health
- Understand how we react to high pressure situations and identify the signs and symptoms that indicate when we are not coping as well as we could be
- Understand how to best react mentally to deal effectively with these situations
- Create a blueprint for dealing with sudden high pressure situations
- Top tips to help you make stress your friend

## Employees will:

- Find ways to develop a personal coping strategy for when stressful situations arise and learn how to thrive under pressure



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.

# Back care & posture

Our daily work lives are becoming more sedentary and usually in an unhealthy seated position. Poor posture and related musculoskeletal problems, particularly bad backs are on the increase, becoming a major concern both personally and for our respective organisations.

Our bodies are primarily designed to be active and to spend the majority of our waking day moving around in a more naturally balanced position – standing up.

Now more than ever, we need to be more aware about sitting properly and getting more active in our daily routines, as well as how we use our backs in our work based tasks.

## Content

- A basic knowledge of how the back works
- The importance of postural balance and alignment
- Flexibility and postural awareness
- Understanding back pain and its common triggers
- Back pain and stress
- Lifestyle changes to consider in preventing back problems and poor posture
- Practical workplace considerations
- Healthy alternatives to sitting
- General back care at home

## Employees will:

- Learn how to improve their posture and back care awareness while at work
- Learn more effective and natural ways to work and operate in typical workplace situations and workspaces
- Learn how to alleviate back pain and manage chronic conditions related to poor posture and inactivity



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.

# Coping better with change

There's a lot of talk about 'change' - how important it is, how we should alter the way we do to things at work and in our personal lives in order to be more effective.

We exist within contradiction. On the one hand, we need stability, and we perform well when we feel secure and established in our working and home lives. On the other hand, we can become stagnant, complacent and uncreative when we shy away from change or when we find we simply cannot cope with it.

Although people say they are prepared to make changes in their current working environment or decide on more radical change by moving jobs or even careers, it is still part of the contradiction that people also want it to be easy, comfortable and conflict-free.

There is much we can do to change our perception of change, which can have considerable advantages to our overall quality of life and wellbeing.

## Content

- Change is inevitable in life – understand the process everyone goes through when confronted with change
- Identifying personal change coping mechanisms
- Prioritising - Learn how to effectively manage what is really important in life
- Understand the four steps to take to build our ability to cope better with change
- Top tips to help us take more control
- Identifying personal change coping strategies

## Employees will:

- Establish a new perspective on change
- Learn practical ways to use change as a means to improve health, grow and thrive in a rapidly changing world



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.

# Staying healthy on shift

Our 'body clock' keeps us synchronised through the day-night cycle and is driven by changes in daylight, temperature, and our body's hormones to regulate when we sleep and eat.

If we work shifts, unusual or extended hours, we also face an additional challenge when our natural body clock and life balance may be out of sync. This presents challenges as it can involve operating at times when the body and mind are designed to be at rest. To best accommodate this we need to look at how we adapt our lifestyle in terms of how we sleep, what we eat and when and how we maintain our activity and fitness levels.

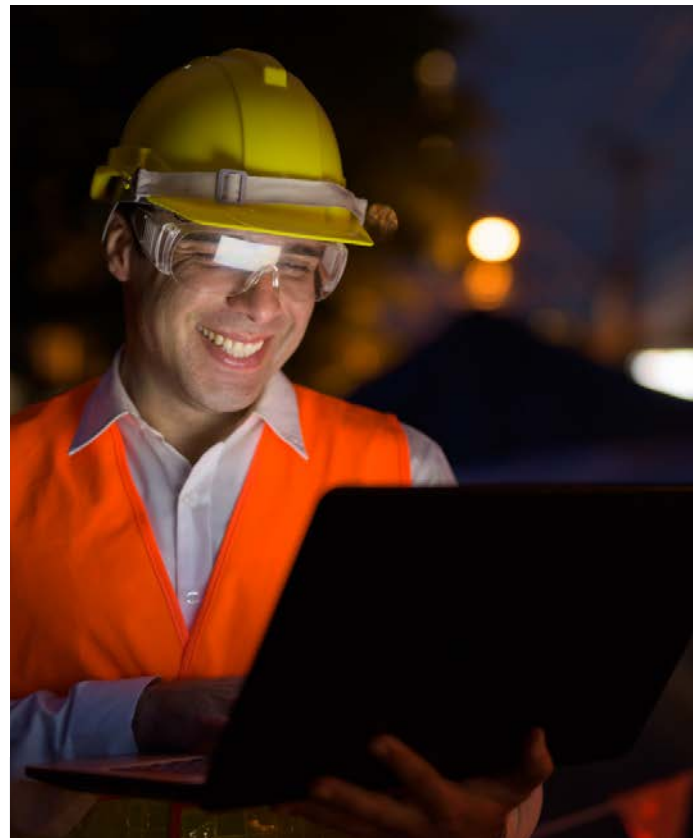
Working shifts works against the body's natural body clock, but there are a range of simple things we can do in terms of adapting our sleeping and eating habits to best meet this challenge.

## Content

- Why looking after your health is especially important if you're working shifts
- Understand how to best manage your sleeping patterns to adapt to shift work
- Learn about the best foods to eat and when to eat when working nights; plus the importance of keeping fit and active
- Understand how to optimise your energy levels with the most effective use of your transition days
- Practical solutions and top tips for managing your energy levels and preventing fatigue on shift

## Employees will:

- Learn how to balance the lifestyle challenges of shift work
- Get practical tips to look after their health whilst working shifts



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.



# Safety in the sun

Taking extra care in the sun is critical for our health. It is the number one risk factor for skin cancer and in the UK there are 250,000 new cases of skin cancer every year and around 13,000 new cases of melanoma according to the British Association of Dermatologists (BAD).

BAD researched published in May 2015 revealed:

- 85% of people were worried about the impact of the UK climate on skin cancer
- 40% never check their skin for signs of the disease
- 81% do not feel able to recognise the signs of skin cancer
- 72% said they had been sunburned within the past year

## Content

- The importance of taking care in the sun
- Understanding the basics of skin cancer
- Simple approach to assessing your sun burn risk
- The 'Sun Smart' messages made easy and applied to the working day
- Practical solutions for protecting yourself from the sun at work and understanding how to find out the level of risk each day

## Employees will:

- Know the importance of taking care when being exposed to the sun
- Know the practical steps they can take to reduce any risk



## What's available?

There is flexibility as to how you can have content delivered. Seminars are the most efficient way to create impact in a short timescale, with reflection and insight exercises included in this format. These usually last for 1 hour (45 minute seminar plus 15 minutes Q&A and discussion).

For more in depth information or attendee interaction with time for further reflection and group work, we recommend a workshop format. These can be 90 minutes to 3 hours long.



# Our team of experts are here to help

We are here to support you with building your health and wellbeing strategy.

Click here to download our free Health & Wellbeing Toolkit, which contains all the information you need to start creating your company's health and wellbeing strategy, featuring help and advice on everything from building the business case and exploring supplier options, to implementing and evaluating the process.

For more information, or to enquire about any of our workshops please get in touch with our team of experts, who are available 8am-6pm, Mon-Fri (except Christmas Eve and public holidays).



## Get in touch

### Online

[www.westfieldhealth.com](http://www.westfieldhealth.com)

### Email

[businessenquiries@westfieldhealth.com](mailto:businessenquiries@westfieldhealth.com)