

Mental Health & Wellbeing: Adults

Grief & Loss	A sensitive, supportive and insightful talk about the complexities of grief and the experience of loss through death, separation, trauma, divorce or change.
Mental Health	How the brain works during times of crisis and extreme stress and how to support yourself.
Self Care	Practical tools to be your most authentic version of yourself whilst juggling competing priorities and identities.
Wellbeing	How to have better brain health to maintain a healthier life and care for ourselves in a way that is less reactive and more intentional.
Resilience	Defining what resilience is and how to nurture it.
Isolation	How to cope with loneliness after a year of isolation and how to start to open your world to others again.
Relationships	Learn how to make adult relationships healthy and thrive.
Motivation	Find your get up and go! Learn to use the internal drivers that help us move towards success.
Engagement	Empower and motivate yourself to deliver excellence in work, at home and in life.
Anxiety	Anxiety overwhelms our thought processes and lives in the future. This session will focus on how to stop the spiral from taking us to the dark place.
Talking Anxiety	The 'lived experience' of anxiety and the true impact of mental health challenges.
Remote Working	Take the lessons of the past year to make remote working an experience that is more productive and engaging.