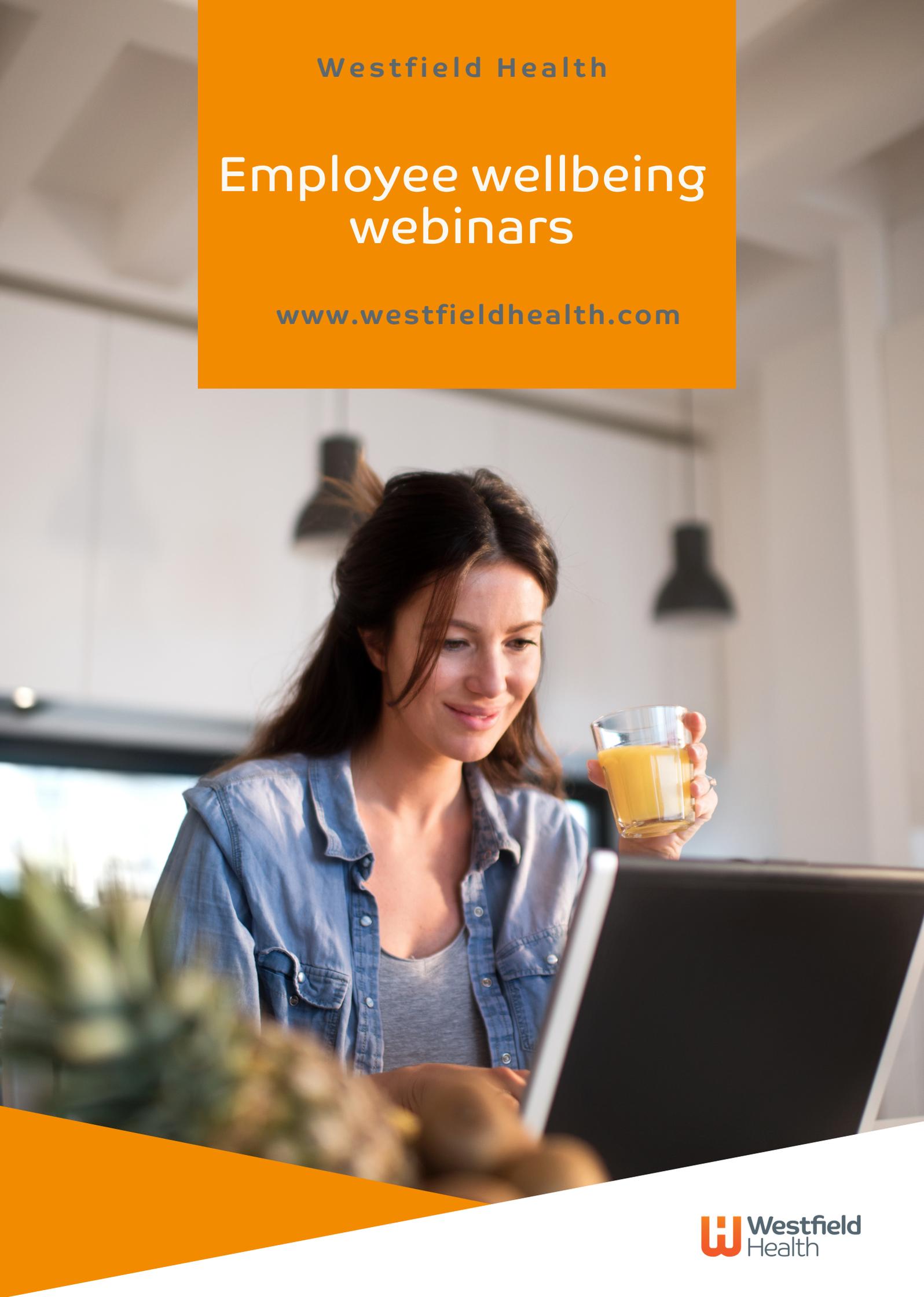


Westfield Health

# Employee wellbeing webinars

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



# Meet the experts

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.

Our coaches are experts in delivering a wide range of health and wellbeing workshops and webinars tailored to the needs of organisations. The coaches delivering these webinars are:



## 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.



## Darren Vine

Darren has over 20 years experience in educational and elite coaching environments in the UK, United States and Australia. He has worked with a range of clients in leading and managing change activity within a range of diverse teams and coaching and educating adults for over 15 years.

Darren has successfully coached individuals and teams to outstanding outcomes and facilitated professional development activities across the North West. An ex-professional and international athlete and professional coach, many of the individuals Darren has worked with have gone on to achieve Premier League and International status.

# Employee Wellbeing

Recent changes to how we live and work are having wide ranging effects on our lifestyles.

Educating your staff on the benefits of investing in their health and wellbeing enables them to make healthier and sustainable lifestyle choices both inside and outside of the workplace.

We offer courses for employees to access to support their mental and physical health.

## Our most popular topics:

### Mental health awareness

It is inevitable that the past few months will have had an impact on the mental health of many. Feeling mentally healthy is a state of wellbeing in which we realise our own potential, can cope with the stresses of life, work productively and are able to contribute to the community that we live and work in. This webinar will help everyone to be more aware of their own mental health and become more aware of what to look for in colleagues who maybe feeling the pressures of change.

### Energy for life

Change, uncertainty and apprehension can cause negative emotions and left unchecked our feelings of low mood will have an impact on our energy levels. Our energy levels and feelings of fatigue determine how well we feel at any moment in time and dictate how well we perform. This webinar gets us to think of our energy levels like a bank account – throughout the working day there will be withdrawals and opportunities to make deposits to keep the balance topped up. The webinar introduces the concept of Personal Energy Management with simple and practical tips on how to maintain energy levels throughout the day, together with smarter ways of working.

### Thriving in the 'new normal'

Although we sometimes don't like being taken out of our 'comfort zone', flexibility in how we operate can take us away from old ways of seeing things to new ways of 'doing' things. This webinar focuses on what we can do right now to see new ways of living and working for health and wellbeing advantage.



## How do I book?

For more information on webinar prices, our full range of topics and availability, please speak to your Westfield Health Consultant.

# Employee Wellbeing

## Topics

### Sleep better

Change and uncertainty can impact the quality of our sleep. Poor sleep reduces our ability to cope effectively with pressure, worry and anxiety; it also reduces our physical resilience. This webinar explains the importance of good sleep, the key issues related to poor sleep quality and focuses on simple, practical tips to improve sleep pattern and sleep quality and to reduce tiredness and fatigue.

### Dealing with uncertainty

Few of us have ever experienced the disruption to our daily lives that we are experiencing today and the associated uncertainty, anxiety and fear. As we begin a new phase of transition to new ways of working, this webinar reminds us of what we can do to ensure our own 'Psychological Safety' and 'Physical Resilience'.

### Back care & posture

Our work lives are becoming more sedentary and usually in an unhealthy seated position. Now more than ever, we need to be more aware about sitting properly and being more active in our daily routines. This webinar looks at how to improve posture to help alleviate back pain and manage chronic conditions related to poor posture and inactivity.

### Coping with pressure

High pressure situations will inevitably arise as we return to work and enter a new phase of working. This webinar will focus on practical ways we can optimise our performance while under pressure and how to be mindful of the pressures that others may be facing.

### Introduction to mindfulness

We are all either going through or preparing for changes in our lifestyles and work styles. Many of us would benefit from an opportunity to take an emotional rest and temporarily, be free from anxiety and negative feelings. Mindfulness is a way of 'paying attention' to the present and usually starts by simply slowing down and 'following the breath' which immediately calms the body and mind, reducing heart rate and blood pressure. This webinar 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.



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