



Seasons Wellbeing

Bite Size Workshops



ABOUT SEASONS WELLBEING

Supporting Workplace Mental Health with Expertise & Experience

With over 15 years of experience as a qualified Psychotherapist and workplace training facilitator, I bring clinical insight, real-world understanding, and practical strategies into every session.

I have worked with individuals, teams and organisations to:

- Improve mental health awareness
- Strengthen workplace culture
- Build resilience and confidence
- Reduce stigma around psychological wellbeing
- Support leaders in creating psychologically safe environments

The workshops combine professional expertise with warmth, clarity and actionable tools that employees can immediately apply in the workplace.



WHY INVEST IN EMPLOYEE WELLBEING?

Organisations that prioritise mental wellbeing see measurable benefits:

- ✓ Reduced absence and presenteeism
- ✓ Improved productivity and engagement
- ✓ Stronger retention and morale
- ✓ Enhanced leadership capability
- ✓ Healthier, more sustainable performance

Employee wellbeing is not just a moral responsibility — it is a strategic advantage.

100% of employees “strongly Agree” that the course fully met their needs. - From all 7 new workshops (Oct 23 - Mar 24)

“I really didn’t expect to gain this much. I feel like you have given me a whole new narrative to pave the way forward” - Critical Incident (Jan 25)

“The sessions have been invaluable. I really don’t know how to thank you.” - Counselling/CBT (March 25)



BITE-SIZE WORKPLACE WELLBEING WORKSHOPS

Live | Interactive | 60 Minutes | Practical

Mastering Mental Health Awareness

Mental health awareness breaks stigma and ensures we can support ourselves and others in mental health. Mental Health issues are common especially depression and anxiety and can be associated with unhelpful ways of coping such as alcohol and drug use. Building more awareness around mental health can help us to recognise early symptoms and find helpful ways of coping

Aims of the Workshop

To provide valuable insight and practical tools to help you better understand and manage yours and other people's mental health within the workplace



Embracing Neuro-Diversity Awareness

Each person has a brain that is unique to them; no two brains are quite the same. Neurodiversity is the concept that brain differences are natural variations. Some people's brains simply work in a different way. These differences mean they may be diagnosed with neurological conditions such as autism, dyslexia and attention deficit hyperactivity disorder (ADHD) and may consider themselves to be neurodivergent.

Aims of the Workshop

Designed to raise awareness, dispel myths, and foster a deeper understanding of neurodiversity in the workplace. The aim is to help create a more inclusive, supportive, and productive environment for all

Brilliant course, loved the content and delivery. Jennifer was a particularly great, well informed and caring facilitator (July 2025)



Suicide Awareness

More than 700,000 people die due to suicide every year. For every suicide there are many more people who attempt suicide. Talking about suicide reduces the risk of suicide and suicidal feelings.

Aims of the Workshop

To address the signs of suicidal feelings, look at how to offer support to those in crisis, along with looking at the importance of de-stigmatising mental health issues.



Combatting Stress

Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being.

Aim of the workshop

This bite-sized stress management workshop aims to provide you with a basic understanding of stress, practical tools for managing stress, and strategies to reduce and prevent stress in the workplace.



Anxiety Awareness & Interventions

It's normal to feel anxious sometimes. It's how we respond to feeling threatened, under pressure or stressed. Anxiety isn't necessarily a bad thing. It can spur us on, help us stay alert, make us aware of risks and motivate us to solve problems.

However, anxiety can be a problem if it affects your ability to live your life. If your anxiety is ongoing, intense, hard to control or out of proportion to your situation, it can be a sign of a mental health problem.

Aim of the Workshop

The aim of the workshop is to provide participants with a clear understanding of anxiety and its manifestations. To differentiate between normal worry and clinical anxiety, while offering practical ways to manage and reduce anxiety.

“Really interesting topic and well presented” - Anxiety Awareness and Interventions (March 24)



Reaching for Resilience

Resilience is the ability to withstand adversity and to bounce back quickly from difficulties. Being resilient does not mean a person doesn't experience stress, emotional upheaval, and suffering.

Resilience involves the ability to work through emotional pain and suffering.

Aim of the workshop

Provide you with a clear understanding of resilience and its significance in the workplace. Help you to recognise key factors that contribute to personal resilience. Equip you with resilience techniques and teach practical resilience-building techniques that can be applied in both personal and professional contexts.



Conquering Confidence

Confidence can be described as a feeling about yourself, in where you feel comfortable in yourself. It is also about how much you trust in your qualities and your abilities. Being certain of your abilities or having trust in people, plans, or the future:

Aim of the Workshop

The aim of this workshop is to equip you with the necessary tools, strategies, and mindset to enhance your confidence, promoting personal and professional growth in the workplace. By building more self-awareness around your own confidence levels and communication skills.



Creating Psychological Safety in the Workplace

Psychological safety is the foundation of high-performing teams. When people feel safe to speak up, ask questions, admit mistakes, and challenge ideas without fear of embarrassment or punishment, innovation, engagement and performance improve.

Aim of the Workshop

To help participants understand the importance of psychological safety and develop practical strategies to create a work environment where people feel safe to speak up, contribute ideas, admit mistakes, and challenge constructively.

“I found the session really relaxed and felt Jennifer made everyone feel comfortable. It was a great opportunity to reflect on some of the things we are doing really well and came away with two new techniques. I will be trying to implement with my team to gain more honest and robust feedback and make sure I am coming across as more collaborative”



Busting Burnout

Modern workplaces move fast. Deadlines stack, expectations rise, and “busy” becomes the norm. Over time, unmanaged stress can quietly evolve into burnout — impacting performance, engagement, health, and team culture.

This interactive session explores what burnout really is, why it happens, and how employees can recognise early warning signs before they escalate.

Aim of the Workshop

Increase awareness and understanding of burnout, help participants identify early warning signs in themselves and others. Explore practical, manageable strategies to prevent and reduce burnout while encouraging healthier work habits and sustainable performance



Mindful Menopause

Menopause is a natural stage of life that marks the end of menstrual periods and reproductive years. It is not an illness or a disorder — it is a biological transition.

Aim of the Workshop

To increase understanding of perimenopause and menopause, reduce stigma, and equip employees and managers with practical tools to provide support and sustain performance at work



DELIVERY FORMAT

- 60-minute live interactive webinar
 - Suitable for all staff or tailored groups
 - Practical tools and reflective exercises
 - Q&A opportunity
 - Optional follow-up resources
-

TO BOOK PLEASE CONTACT

Seasons Wellbeing

 07746 722491

 hello@seasonswellbeing.org

 <https://seasonswellbeing.org/>

Supporting Healthier, Stronger Workplaces

