Luminate create happier, healthier, and more productive workplaces.

We consult with businesses to help create safe, positive, inclusive work environments, in which employees can openly discuss their mental health and find genuine support.

Working with staff at all levels, we deliver a wide range of training and support – from full-scale wellbeing programmes to individual workshops and courses.

Our services can have a meaningful impact on the culture and competency of your workplace – improving employee mental health, increasing productivity and innovation, reducing absence, and helping retain and attract new talent.

Join us in our mission:

To rewrite the story of mental health in the workplace.
WHAT’S INSIDE?

FULL-SCALE SOLUTIONS

5–6 WELLBEING PROGRAMMES
Full-scale programmes for companies of all shapes and sizes, taking an end-to-end approach to improving health and wellbeing in your business.

7. THE APP: LUMINATE ON DEMAND
Designed to integrate into your overarching wellbeing programme, our app offers exercises, educational videos, meditations and more to support employee mental health.

OUR SERVICES

9. TRAINING FOR MANAGERS
Virtual training designed to equip managers with the tools to be able to deal with mental health more effectively at work.

10. MENTAL HEALTH FIRST AID TRAINING
Accredited training, teaching individuals how to spot the signs and symptoms of mental ill-health and how to support someone experiencing mental illness.

11. WELLBEING CHAMPIONS TRAINING
Giving individuals the tools to truly advocate for good mental health at work and play a key role in creating a culture of wellbeing.

12. SEMINARS, WEBINARS & WORKSHOPS
Bite-sized sessions in wellbeing and interactive workshops covering areas such as resilience, sleep, happiness, and stress management.

13. COACHING & COUNSELLING
One-to-one sessions that can help your employees manage their mental health and deal with any challenges they may be facing in their work or personal life.

14. MINDFULNESS AT WORK
Services with stress-reduction and mindfulness at their centre: explore what yoga, guided meditation, and our 6-week mindfulness course can do for employee wellbeing.

15. SOCIAL SESSIONS
Hands-on sessions to boost wellbeing and re-energise your team. Learn more about our choir workshops, smoothie making, and process art classes.

16. OTHER SERVICES
Find out what else Luminate deliver, outside of their core in-person offering.
FULL-SCALE SOLUTIONS
We build and deliver bespoke wellbeing programmes for companies and budgets of all sizes.

There's no one-size-fits-all solution for wellbeing. We design our programmes to deliver the biggest impact within the parameters of your budget by getting to know your organisation and identifying the specific wellbeing challenges that you and your employees face.

Our programmes take an end-to-end approach to improving health and wellbeing; showing individuals how to look after themselves and educating leaders on how to identify and deal with the factors that contribute to poor mental health. Outcomes reported back to us are:

- Decreased employee sickness leave
- Decreased reported stress cases
- Lower staff turnover
- Increased productivity
- Increased happiness levels
- Improvement in team cohesion
- Improvement in employee engagement

**ENQUIRE FOR PRICING**

We’ve pulled together some example packages on the following page to give you an idea of investment, to serve as some inspiration, and to use as a jumping off point.
EXAMPLE PROGRAMMES

**GLOW**
**OUR ESSENTIALS PACKAGE**
- 6x 60-minute wellbeing webinars
  - Based around awareness initiatives, such as Stress Awareness Month, World Sleep Day, International Women’s Day etc
- 2x half-day Mental Health Awareness training for managers
- 6x full days of one-to-one coaching or counselling
- Final feedback report
- Access to the Luminate On Demand app for all frontline employees

**INVESTMENT**
from £11,250 + VAT

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**SHINE**
**OUR PREMIUM PACKAGE**
- 10x 60-minute wellbeing webinars
  - Based around awareness initiatives, such as Stress Awareness Month, World Sleep Day, International Women’s Day etc
- 12x full days of one-to-one coaching or counselling
- 1x Mental Health First Aid full course
- 4x half-day Mental Health Awareness training for managers
- Final feedback report
- Access to the Luminate On Demand app for all frontline employees

**INVESTMENT**
from £23,500 + VAT

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**BLAZE**
**OUR ENTERPRISE PACKAGE**
- 10x 60-minute wellbeing webinars
- 4x wellbeing for leaders’ workshops
- 12x full days of one-to-one coaching or counselling
- 2x Mental Health First Aid full courses
- 6x half-day Mental Health Awareness training for managers
- 6x 30-minute yoga sessions
- 6x guided meditation sessions
- Final feedback report
- Access to the Luminate On Demand app for all frontline employees

**INVESTMENT**
from £34,150 + VAT
THE APP: LUMINATE ON DEMAND

Our ever-growing library of wellbeing content in your pocket.

Luminate On Demand offers exercises, educational videos, meditations and more to support your staffs’ mental health. Designed to integrate with your employee wellbeing strategy, our app enables your colleagues to build upon the tools and techniques learned in Luminate’s live sessions.

Available across mobile and desktop, our app ensures that wellbeing resources are accessible to every employee within your organisation. These resources cover a variety of subjects, including:

- Managing stress and anxiety
- Boosting happiness
- Improving sleep
- Building confidence
- Virtual yoga classes
- Mindful living

INVESTMENT

The app is offered on a rolling monthly subscription model.

Please note there is a one-time set-up cost of £250 +VAT.

WANT SOMETHING BESPOKE?

Skin the app in your branding and commission unique exercises that support the themes within your wellbeing program for a small, additional fee.
OUR SERVICES
TRAINING FOR MANAGERS

We offer a variety of training options for people leaders, designed to help them compassionately and constructively manage mental health in the workplace.

Luminate’s training equips managers with the skills and know-how to make a positive impact on the mental health of their reports. Each course below offers a solid foundational knowledge of mental health can be delivered either in-person and virtually (via video conference). All training accommodates groups of up to 16 attendees.

MENTAL HEALTH AWARENESS TRAINING (HALF-DAY)

Attendees will learn:

- The signs and symptoms of mental ill-health
- How to hold mental health conversations
- What to do in a crisis/where to signpost professional support
- Preventative methods to stay mentally healthy

DELIVERY 4-hours total
INVESTMENT from £1,400 +VAT

WELLBEING FOR LEADERS 3-5 PART SERIES

Mix and match our 90-minute sessions:

- Building happy teams
- Building resilient teams
- Leading with emotional awareness
- Managing stress within your teams
- Mental health awareness for managers

DELIVERY 4.5-hours or 7.5-hours total
INVESTMENT from £1,950 +VAT

MENTAL HEALTH ADVOCATE: MANAGERS QUALIFICATION

Attendees will learn:

- Everything included in our Mental health awareness training syllabus
- A deeper look at suicide awareness/prevention
- How to build healthy cultures: covering role-modelling, neurodiversity, and inclusive hiring

DELIVERY 16-hours total
INVESTMENT from £3,200 +VAT
MENTAL HEALTH FIRST AID TRAINING

Qualify as a Mental Health First Aider with our accredited, virtual training.

This course helps attendees better understand the signs and symptoms of mental ill-health. It teaches us how to best support others, where to signpost those who may require further help, and what to do in a crisis.

Attendees are awarded a Mental Health First Aider qualification upon completion of the course, accredited by the Royal Society of Public Health.

DELIVERY

- This course is 16 hours in total, and can be delivered in-person or virtually (via video conference).
- We can accommodate groups of 6 – 16 attendees.
- Attendees are provided with a digital workbook and training includes a combination of presentation, video, case study work.

INVESTMENT from £3,000 +VAT

We also offer a one day (8-hours) Mental Health Champion and a half-day (4-hours) Mental Health Aware course. Enquire for more information.
**WELLBEING CHAMPIONS TRAINING**

Our Champions courses give individuals the tools to advocate for good mental health at work, and to play a key role in creating a culture of wellbeing.

We teach groups of self-nominated employees how to proactively look after their wellbeing, how to have effective conversations around mental health, what the signs and symptoms of mental ill-health are, and where to signpost a colleague at risk. Each course can be delivered either in-person and virtually (via video conference) for groups of 6–16 attendees.

**SOLID FOUNDATION**

**WELLBEING CHAMPIONS TRAINING**

Attendees will learn:
- The signs and symptoms of common mental illnesses
- How to support colleagues who may be struggling/where to signpost them for further professional support
- How to model healthy behaviours and promote the organisation’s wellbeing activities

**DELIVERY** 4-hours total  |  **INVESTMENT** from £1,450 +VAT

**MENTAL HEALTH ADVOCATE: CHAMPION QUALIFICATION**

Attendees will learn:
- Everything included in our Wellbeing Champions Training syllabus
- Suicide awareness/prevention training and a deeper look at supporting our neurodivergent colleagues
- How to proactively look after our own mental health, with a focus on boosting happiness and resilience

**DELIVERY** 16-hours total  |  **INVESTMENT** from £3,200 +VAT
SEMINARS & WORKSHOPS

Bite-sized sessions that each cover a different subject in wellbeing.

Our seminars/webinars and workshops aim to provide your employees with the tools to manage their health and wellbeing more effectively. Delivered either in-person or via video conference by one of our experienced facilitators, we include interactive elements in to really imbed the learning and deliver maximum impact.

SEMINARS/WEBINARS (60 MINS)
- Engaging keynote delivery
- Incorporates written exercises, breathing exercises, and guided meditations
- Up to 100 attendees

WORKSHOPS (90 MINS)
- Engaging keynote delivery
- Deep dive learning for smaller groups
- Case study exercises and group discussion
- Up to 16 attendees

INVESTMENT
1x webinar: from £700 + VAT
1x workshop: from £800 + VAT

Discount available when sessions are purchased in bundles.

BOOK A BUNDLE
Every session we deliver for your employees includes accessible and actionable guidance. But for individuals to build new habits and sensibilities into their everyday lives, we suggest booking a bundle of associated webinars.

We offer over 60 seminars & workshops, including:

MENTAL WEALTH
BUILDING RESILIENCE
STRESS MANAGEMENT
MANAGING ANXIETY
BOOSTING HAPPINESS
AN INTRO TO MINDFULNESS
SLEEP WELL
UNDERSTANDING & AVOIDING BURNOUT
MONEY & MENTAL HEALTH
WELLBEING FOR WORKING PARENTS
UNDERSTANDING NEURODIVERSITY & MANY MORE
COACHING & COUNSELLING

Sometimes we all need a bit all need a bit of help with our wellbeing, and we’re here to provide that in a safe and non-judgemental environment.

Our counselling or coaching days consist of back-to-back, one-to-one sessions where your people can talk about their wellbeing in a safe, non-judgmental, confidential environment.

COUNSELLING
Counselling sessions are 50 minutes long and offer employees a safe space to talk about their mental health with a fully accredited counsellor. We work with experts in stress, anxiety and depression, trauma, addiction, low self-esteem, bereavement, and other work-related issues.

COACHING
Coaching sessions are 50 minutes long and offer your people a dedicated space to talk about their wellness challenges and career goals, and receive tailored advice towards better health, energy, and vitality.

DELIVERY
Counselling/coaching days consist of 6x sessions that can be hosted virtually (via video conference) or in-person, in a private space in your workplace.

INVESTMENT
1x day - 6 sessions: from £750 + VAT | 6x days - 36 sessions: from £4,200 + VAT
MINDFULNESS AT WORK

Sessions designed to help reduce stress, reduce the risk of mental illness, and help attendees find a more present, mindful way of living.

6-WEEK MINDFULNESS PROGRAMME
A six week course (6-hours total) that helps attendees establish and develop their own regular mindfulness practice. Side effects include: improved resilience, emotional regulation, working memory, and focus.

DELIVERY  Delivered both virtually (via video conference) and in-person to groups of 6 - 16 attendees
INVESTMENT  from £3,750 +VAT

GUIDED MEDITATIONS
Our 30-minute guided meditations sessions are hosted by a fully-qualified, experienced mindfulness teacher and draw on various techniques that aim to help anchor participants in the present moment.

DELIVERY  Delivered virtually (via video conference) to groups of up to 100 attendees
INVESTMENT  from £195 +VAT

YOGA
Focusing on mindfulness, self-care and feel-good fitness, our 30-minute to 1-hour yoga classes cover a variety of different practices and suit those of all abilities.

DELIVERY  Delivered virtually (via video conference) to groups of up to 100 attendees
INVESTMENT  from £195 +VAT
SOCIAL SESSIONS

Creative activities to boost your team’s wellbeing, build camaraderie, and have some good, old-fashioned fun!

PROCESS ART CLASS
Focusing on the process rather than the end result, art teacher Adrienne’s classes focus on mindful activity and freedom of creative expression, across a variety of easy-to-pick-up painting techniques.

DELIVERY  Delivered virtually and in-person for groups of up to 30
INVESTMENT  from £750 +VAT

SMOOTHIE MAKING SESSION
In this hands-on workshop, nutritionist Sam teaches us how we can create tasty smoothies to boost our energy, immunity and mood through raw foods. Session includes a tasting and takeaway recipe guide.

DELIVERY  Delivered virtually and in-person to groups of up to 24
INVESTMENT  from £1,000 +VAT

CHOIR WORKSHOP
Our choir/singing workshops are a unique way to reduce stress and promote effective collaboration at work. Sessions are fun, lively and engaging, and leave participants feeling happy, connected and energised.

DELIVERY  Delivered virtually (for up to 100 attendees) and in-person (for up to 25 attendees)
INVESTMENT  from £750 +VAT
WE ALSO OFFER

We provide a range of other services both in-house and through some of our trusted partners.

Ask us for more information on any of the below services:

- Employee surveying
- Resilience programmes
- Group coaching (facilitated, post-training sessions to discuss the practical application of managers’ training)
- One-to-one nutrition coaching
- Physiotherapy clinics
- Additional social sessions: medicinal tea blending workshops, mindful herb growing workshops, and cookery classes with Braizen Kitchen

ENQUIRE FOR PRICING
ORGANISATIONS WE’VE WORKED WITH

TRAVERS SMITH  ALLEN & OVERY  BNP PARIBAS  moto  Deloitte  bulb  NHS Property Services  fulwell360

SAGE  Guide Dogs  intu  Saffery Champness  moneycorp  UNIVERSITY OF CAMBRIDGE Judge Business School  BankABC  Omnicom-HealthGroup

HOBBS LONDON  intuit  Friends of the Earth  Disney Store  Sotheby's  withersworldwide  NHS Nightingale Hospital London  Splash damage  mazars

accenture  SEGA  kindred  Butternut Box  BAUER  DIAGEO  merchant cantos  SEROUNDH

UBISOFT REFLECTIONS

weareluminate.co  hello@weareluminate.co  +44(0) 203 637 7417