

GRADUATE WELLBEING PROGRAMME

Giving graduates and trainees a robust wellbeing toolkit to help them take on the working world.

A series of 60–90-minute wellbeing workshops, designed to build the resilience of those early on in their careers.

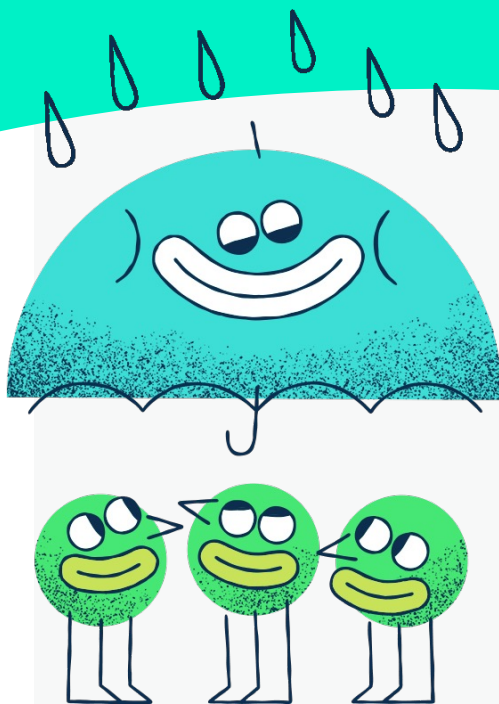
Resilience is the secret weapon that can help us overcome challenges, manage change, and thrive within difficult scenarios.

This programme will teach new joiners how to build resilience so they can navigate the everyday pressures of the world of work and set up good habits, from the start. Attendees will learn how to build up vital skills and develop the critical factors that both make someone resilient and keep them in good mental and physical wellbeing.

Workshops are taught through a combination of live facilitated presentation, case study work, and group discussion, led by an experienced, accredited trainer.



Choose from a variety of sessions (outlined on the next page) to build your 4, 6 or 8 session programme.



DELIVERY

This programme can be delivered virtually (via video conference) or in-person.

Programmes are 4, 6, or 8 sessions long. Each session is 60-90-minutes long.

Available to groups of up to 20 attendees.

GET IN TOUCH

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FULL PROGRAMME

SESSION 1

MENTAL WEALTH

- An introduction to mental health
- Identifying signs and symptoms of poor mental health in yourself and others
- How we can use preventative methods to protect our mental health
- Developing your own personal system for keeping mentally healthy

SESSION 2

MANAGING STRESS

- Understanding the stress response
- What causes stress? Identifying triggers and high-pressure zones
- Learning to cope with pressure
- Some practical stress management techniques

SESSION 3

BUILDING RESILIENCE

- What is resilience, and why is it important?
- Building a growth mindset & overcoming failure
- Exploring passion and purpose as key components for increasing resilience
- Strengthening the seven pillars of resilience

SESSION 4

BUILDING HEALTHY HABITS

- Understanding the science behind our behaviour
- Identifying your personal wellbeing goals
- Understanding habit change
- A guide to create healthy habits

SESSION 5

FINANCIAL WELLBEING

- Understanding financial wellbeing and why it's important
- Controlling and reviewing your finances effectively
- Re-framing how you think about money
- 10 practical tips to help you stay in control of your money

SESSION 6

UNDERSTANDING NEURODIVERSITY

- What is neurodiversity?
- How do neurological conditions affect the way we work?
- How can we support & celebrate diversity at work?

SESSION 7

BUILDING CONFIDENCE

- Identifying the root of low confidence
- Building self-compassion
- The importance of authenticity and vulnerability
- Tackling imposter syndrome
- Tools for building confidence

SESSION 8

BUILDING HEALTHY RELATIONSHIPS

- Creating better social interactions
- Tools for strengthening your relationships
- Building out your social support network

