

start
within



mental health support post lockdown

We start within, taking care of employees for a happier and healthier workplace.

We pride ourselves on our 'people first' approach, delivering bespoke training and expert consultancy, with employee wellbeing at the forefront of everything we do.

Supporting employee wellbeing is more important than ever, to ensure our ability to cope with stress, encourage motivation and maintain productivity.

Whether you want to run a session for your whole team, a group of managers, wellbeing champions, or even host an open employee session, the workshop can be tailored to any audience.

WHAT DO I NEED?

Absolutely nothing!
We can host using Zoom's live streaming platform. This allows everyone to participate, ask questions and provide suggestions along the way.



example sessions

Manager Support Workshop

A two-hour tailored workshop for line managers, with a focus on the mental health impact of Covid-19 on employees. The session will enhance understanding on the concepts of stress, anxiety and empathic listening. Start Within will empower managers with useful resources and practical solutions to continue to support employees at this challenging time.

Employee Mental Health Awareness Webinar

A one-hour webinar with a focus on the potential effect of Covid-19 on our mental health. The session will deliver awareness training on stress and anxiety, highlight the influence of loneliness on our mental health and address the uncertainty around the ongoing crisis. Start Within will empower employees with activities and tools for positive mental health, and signpost to useful resources that can be accessed from home.

'Back to Business' Furloughed Employee Workshop

A one-hour bespoke workshop to those employees placed on furlough, addressing the mental health impact of Covid-19 and how we cope with change. The session will deliver awareness training on the concept of uncertainty, how this can manifest as anxiety and cover the importance of purpose and community. The workshop aims to empower participants with positive tools and resources, to inspire motivation and nurture wellbeing.

WHAT DOES IT COST?

All Covid-19 related sessions are priced at an hourly rate of £125. This is based on online participation.

startwithin.co.uk



start
within

example sessions

Return to Work Anxiety Webinar

A one-hour collaborative webinar targeting the specific worries and fears associated with returning to the workplace post-lockdown. The session will introduce unique anxiety and stress management models, offer a fresh perspective on overwhelming situations and equip participants with practical coping strategies during this challenging period.

Coping with Burnout

An inclusive one-hour workshop that tackles the everyday impact of 'burnout'. This session will cover the concept of burnout and also provide awareness-level training on both acute and post-traumatic stress disorder. Start Within will facilitate a safe and controlled space to explore the impact of burnout, as well as offer guidance on positive coping strategies and useful resources.

WFH (Wellbeing From Home)

A one-hour webinar for those experiencing a prolonged period of home-working, enforced by the Covid-19 crisis. This session will emphasise the importance of self-care as a pathway to resilience and the mental health benefits of an effective daily routine. Start Within will provide top tips for home-working, useful ideas to retain motivation and signpost to professional support for those in need.

WHAT DOES IT COST?

All Covid-19 related sessions are priced at an hourly rate of £125. This is based on online participation.

startwithin.co.uk



start
within

creative sessions

Walkie Talkie workshop

Meeting virtually won't stop us! This workshop brings to life the concept of walking for wellbeing and gets participants up and moving for better mental health. The first part of this interactive session will provide useful insight on how a brisk stroll can be introduced to the working day, providing that much-needed screen break or even conducting walking meetings. With this in mind, the second half of the session will encourage participants to get outside for a walk whilst our Start Within host guides the discussion on the move.

Creative Art Therapy Workshop

Think back to those school days, making a mess in art class and feeling good for it! Join Start Within for an online open art studio whilst enjoying a discussion around our self-care and wellness. No art experience is necessary as we work together to focus on the wellbeing benefit of creativity, rather than the finished product. Finish the session feeling refreshed, mindful and happy!

Afternoon Positivi-tea

A one-hour virtual 'afternoon tea'! Start Within will arrange an informal cuppa, cake and catch-up session with your employees, to promote positivity and reduce any work-related stress. This workshop will encourage sharing thoughts, feelings (and recipes) in a safe and welcoming space, with open discussion not only aimed at empowering the individual, but also nurturing the workplace family spirit.

Well-Fest

Due to the pandemic, our music festivals are on hold, but the online Start Within Well-Fest isn't! Join us as we create a bespoke two hour festival for your employees. Join us at the main stage for inspiring mental wellbeing talks, or book your slot in the breakout rooms to join in with mindfulness activities, wellbeing quizzes and more!

WHAT DOES IT COST?

All creative sessions are priced at an hourly rate of £175, based on online participation. Prices vary if face-to-face attendance is required and on participation numbers.



startwithin.co.uk