



Making people better
in the workplace



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ALL WEBINAR
TRAINING COURSES

Corporate Training Solutions

Our courses address the most common causes of employee ill health and work absence including stress, anxiety, depression, and musculoskeletal disorders.

Contact us

We have a team of specialists ready to discuss your requirements and provide a solution that suits your wellbeing strategy.



vitahealthgroup.co.uk



workshops.wellness@vhg.co.uk

Visit our Training
Solutions page by
scanning the QR
code below:





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Vita Health Group provides a range of workshops and digital training modules which improve the health, safety and wellbeing of employees.

All courses are designed and delivered by expert trainers and clinicians, and our Mental Health Advocacy Course is CPD accredited.



Mental Health

- Mental Health Advocacy
- Mental Health Advocacy Fast-track
- Mental Health Advocacy Supervision Support sessions
- Mental Health Awareness
- Free Yourself From Worry
- Managing Stress & Building Resilience

Physical Health

- Manual Handling
- DSE Assessor Training
- Safe Office Working
- Pilates for Beginners
- Intermediate Pilates
- Strength and Balance
- Stretch and Flex
- Stretch and Flex for the lower back

General Wellbeing

- Improving Sleep
- Diet & Nutrition
- Staying Active
- Safe hybrid working
- Women's Health
- Introduction to Mindfulness
- Mindfulness Practice
- Building Routine
- Financial Wellbeing
- Mental Health and the Menopause

Work Focused Support

- Managing Change
- Financial Wellbeing
- Managing Work-Related Trauma

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CPD[®]

The CPD Certification Service