

A photograph of three diverse people in a bright office setting. A man with a beard and a woman with curly hair are in the background, both smiling. In the foreground, a woman with long brown hair is smiling broadly at the camera. They are all wearing light-colored shirts. The scene is lit with natural light from a large window.

Corporate Training Solutions

“Vita Health Group have a huge amount of industry specific knowledge which really shows in their training and consultancy. They’re also an incredibly dynamic and responsive organisation to work with, and are always eager to help us with any wellbeing initiatives or consultancy.

For example, at the start of Covid they rapidly developed and delivered some fantastic training on how to effectively and safely work well from home. They’ve also recently supported us with training on hybrid working, to support our workforce transition back into the office environment and managing change due to an organisational restructure.”



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Vita Health Group is an award-winning market leader in workplace Mental and Physical wellbeing solutions.

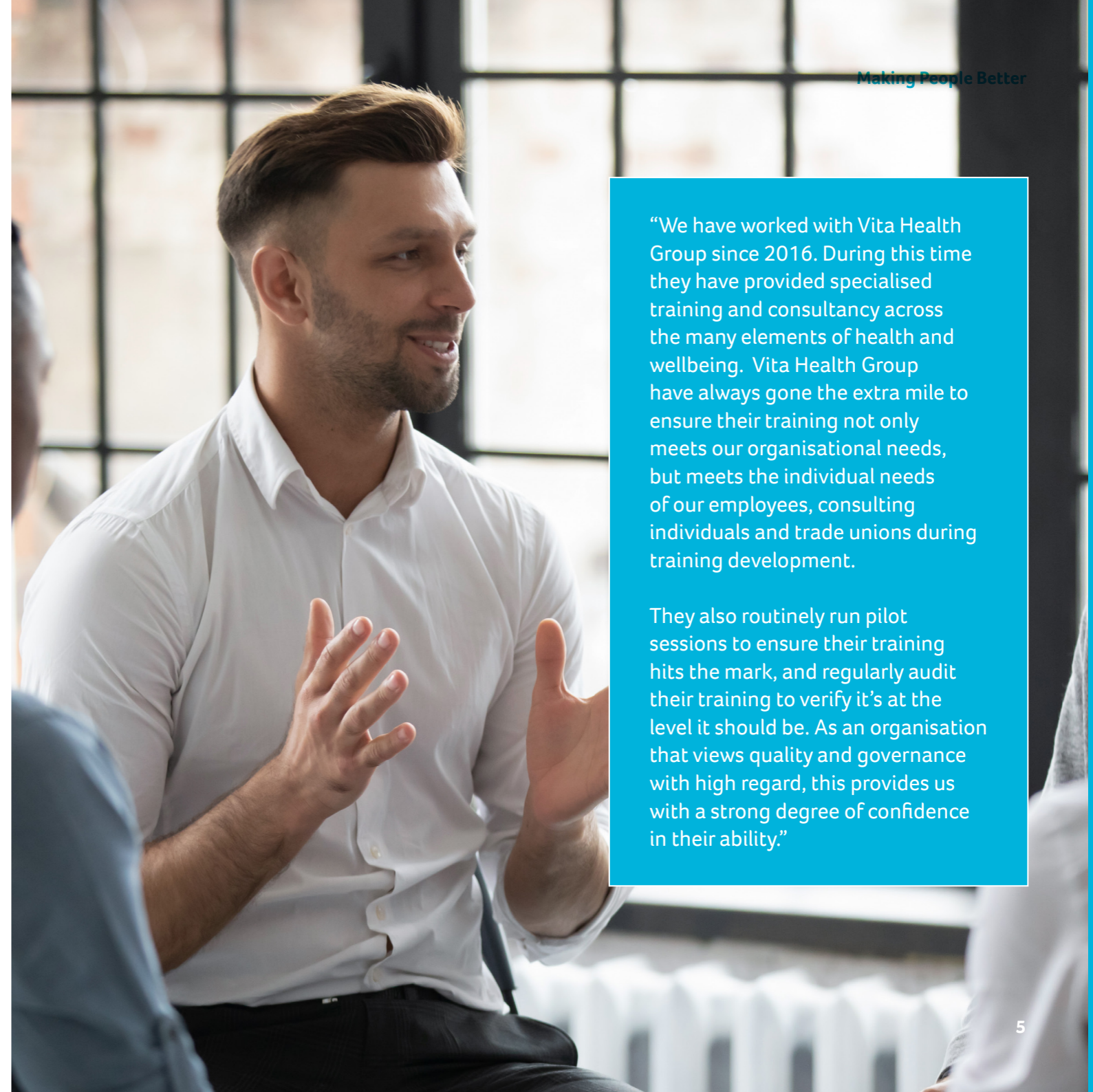
We focus on the two most common health challenges, physical and mental health, proactively supporting our clients and their employees, helping to maintain a healthy and productive workforce.

Vita Health Group provides a range of workshops and webinars which improve the health, safety and well-being of employees.

All courses are designed and delivered by expert trainers and clinicians, underpinned by current research and evidence-based practice.

Our courses address the most common causes of employee ill health and work absence including stress, anxiety, depression, and musculoskeletal disorders. We also provide specialist training for employees and managers on topics such as suicide, trauma, and work-life balance.

A flexible, bespoke and innovative approach to the delivery of our training ensures engagement and effective return on investment.



“We have worked with Vita Health Group since 2016. During this time they have provided specialised training and consultancy across the many elements of health and wellbeing. Vita Health Group have always gone the extra mile to ensure their training not only meets our organisational needs, but meets the individual needs of our employees, consulting individuals and trade unions during training development.

They also routinely run pilot sessions to ensure their training hits the mark, and regularly audit their training to verify it’s at the level it should be. As an organisation that views quality and governance with high regard, this provides us with a strong degree of confidence in their ability.”

Mental Health Advocacy

This 2-day CPD UK accredited course provides employees and managers with all the skills needed to help someone who might be struggling with their mental health. Delegates will understand the importance of mental health at work and build the confidence and practical skills to step in and support a person in distress. They'll explore common mental health conditions, self-harm and suicide and understand where they can signpost to for additional support.

The importance of a pro-active workplace culture is reviewed, and delegates learn to identify and attend to issues at work that might contribute to poor mental health. A key element of this training is to ensure delegates understand their boundaries and limitations.

All delegates who attend this course receive an Advocacy support pack, and gain access to a dedicated helpline to support them in their advocacy role.

LENGTH OF WEBINAR	12 HRS (2 DAYS)
MAX NUMBER OF DELEGATES	12
COST (€)	VIRTUAL - 2,000 F2F - 2,000
FACE TO FACE	✓
WEBINAR	✓



Mental Health Advocacy Fast-Track

This 1-day CPD UK accredited course is designed for those that have already completed some form of mental health awareness training in the past (such as Mental Health First Aid). This course builds on delegate's existing knowledge-base and enables them to become Mental Health Advocates. All key content in the 2-day Mental Health Advocacy course is covered, but at a faster pace

All delegates who attend this course receive an Advocacy support pack, and gain access to a dedicated support helpline to support them in their advocacy role.

LENGTH OF WEBINAR	6 HRS
MAX NUMBER OF DELEGATES	12
COST (€)	VIRTUAL - 1,000 F2F - 1,195
FACE TO FACE	✓
WEBINAR	✓



“It was great to talk about something very close to my heart and something like many we face into every day. It reinforces that there is a need not to ignore people, signs, messages and take the time to connect and ask the simple questions which can/do make such a difference to ours and others lives.”



Mental Health Advocacy Supervision Support Sessions

The purpose of the monthly 60-minute supervision session is to provide a supportive safe space for your Mental Health Advocates. This time is their time to bring thoughts, ideas or discussions surrounding their role and the support they have provided to colleagues. This will allow the opportunity for reflection and guidance along with a chance to learn from fellow MHA's and share invaluable ideas and experiences. As this session is ran by one of our experienced clinicians it will also provide ongoing support and reassurance from a mental health professional.

LENGTH OF WEBINAR	60 MINUTES
MAX NUMBER OF DELEGATES	6
COST (€)	VIRTUAL - 250 F2F - 445
FACE TO FACE	✓
WEBINAR	✓



Mental Health Awareness

It's imperative that employers and employees work together to help prevent and manage mental health conditions. This course is designed to raise awareness and normalise mental health conditions. Delegates will understand why and how they can help their colleagues with mental health conditions and be clear on what their responsibilities and boundaries are. They will understand factors that contribute to work-related stress and recognise the signs and symptoms of common mental health conditions. They will also explore a range of methods to help engage with someone who's struggling with their mental health; and be confident of where to signpost them for appropriate support.

This session is suitable for both employees and managers and can be tailored specifically to managerial support.

LENGTH OF WEBINAR	3 HRS
MAX NUMBER OF DELEGATES	12
COST (€)	VIRTUAL - 600 F2F - 795
FACE TO FACE	✓
WEBINAR	✓



“Highly beneficial for everyone to attend his course to create a better awareness of mental health and the signs/solutions. Could it be made mandatory?”

Managing Work-Related Trauma

This aim of this course is to minimise the risk of employees developing ill health because of work-related trauma and stress. The course is delivered over three 3-hour sessions, with a 2-week gap between each session. During the three sessions, delegates explore trauma in-depth: they will review the causes and affect of trauma, and have the opportunity to review, practice and reflect on a range of different CBT-based strategies to help manage or prevent trauma related ill health. Key elements of the course include neuroanatomy; Post-Traumatic Stress Disorder (PTSD); the impact of trauma on memory and sleep; how trauma impacts behaviours; and numerous different coping strategies. It is important to have at least 2 weeks between sessions so that delegates can reflect on the strategies learnt during each session. The sessions are delivered by in-house clinicians who specialise in trauma.

LENGTH OF WEBINAR	3 X 3 HRS
MAX NUMBER OF DELEGATES	12
COST (€)	VIRTUAL - 2,000 F2F - 2,585
FACE TO FACE	✓
WEBINAR	✓

Personal Resilience

A full day course designed by Vita Health Group to build personal resilience through thoughts, behaviours and actions that promote personal wellbeing and positive mental health. This training is designed as an interactive and educational introduction to personal resilience. Delegates will come away with new skills, knowledge and a better understanding of how to manage challenging situations that they'll be able to implement immediately in their work and personal life in the 5 key areas of sleep, nutrition, work, performance and stress.

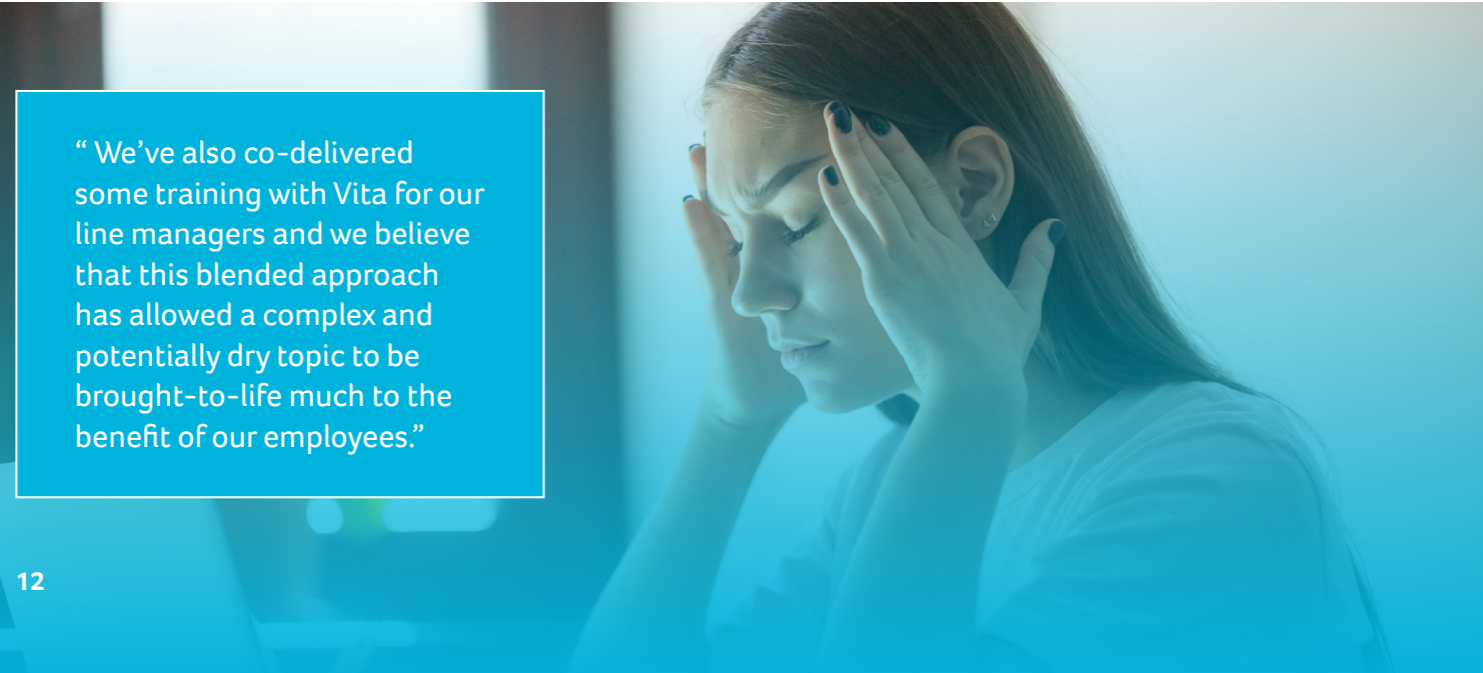
LENGTH OF WEBINAR	6 HOURS
MAX NUMBER OF DELEGATES	12
COST (€)	VIRTUAL - 1,000 F2F - 1,195
FACE TO FACE	✓
WEBINAR	✓

“I loved your style. If I was struggling with my mental health I'd love to talk it through with someone like you. Thank you. A great session.”

Managing Stress and Building Resilience Package

This multi-session package of support provides in-depth insight into managing stress and building resilience. These sessions are designed to ensure delegates have an understanding of what stress is, how stress can impact on our wellbeing along with providing an understanding and de-mystifying any myths surrounding what it means to be resilient. These sessions provide the skills both to support those around us along with providing a 'toolbox' of skills and strategies to both recognise and manage stress alongside building resilience for the delegates themselves. Attendees will be able to take away and continuously implement these tools into their day to day lives providing a lasting impact from the course.

LENGTH OF WEBINAR	3 X 3 HRS
MAX NUMBER OF DELEGATES	15
COST (£)	VIRTUAL - 1,500 F2F - 2,085
FACE TO FACE	✓
WEBINAR	✓



“ We’ve also co-delivered some training with Vita for our line managers and we believe that this blended approach has allowed a complex and potentially dry topic to be brought-to-life much to the benefit of our employees.”

Men’s Mental Health Awareness

The impact of stigma and societal pressures on men’s mental health is unfortunately widely known. This course reviews the impact of these stressors surrounding men’s mental health and what it means to be a man along with building the confidence and skills to offer support to someone who may be struggling with their mental health.

LENGTH OF WEBINAR	60 MINUTES
MAX NUMBER OF DELEGATES	15
COST (£)	VIRTUAL - 250 F2F - 445
FACE TO FACE	✓
WEBINAR	✓



Bereavement

Many people experience bereavement, grief and loss in their lives. This can have a cumulative effect on their wellbeing and mental health. Vita Health Group have designed this brief session to provide an awareness and understanding of grief, bereavement and loss in order to be able to support ourselves or those around us should we be faced with difficult times.

LENGTH OF WEBINAR

EITHER 60 MINUTES OR 180 MINUTES

MAX NUMBER OF DELEGATES

12

COST (£)

60 MINS:
VIRTUAL - 250
F2F - 445

180 MINUTES:
VIRRTUAL - 600
F2F - 795

FACE TO FACE

WEBINAR



Managing Change

There are times when organisations and their staff experience significant change. This process is often challenging and can naturally trigger strong reactions for those experiencing this change. Vita Health Group have designed this brief course to support staff who are facing organisational change to frame the challenges that they are facing and find ways to adapt and thrive in the face of change. This training is designed as a brief introduction to help delegates at an individual level to recognise the particular challenges that organisational change can pose. This can help them to validate their reactions and adjust their mindset to turn any perceived threat into potential opportunity.

LENGTH OF WEBINAR

3 HRS

MAX NUMBER OF DELEGATES

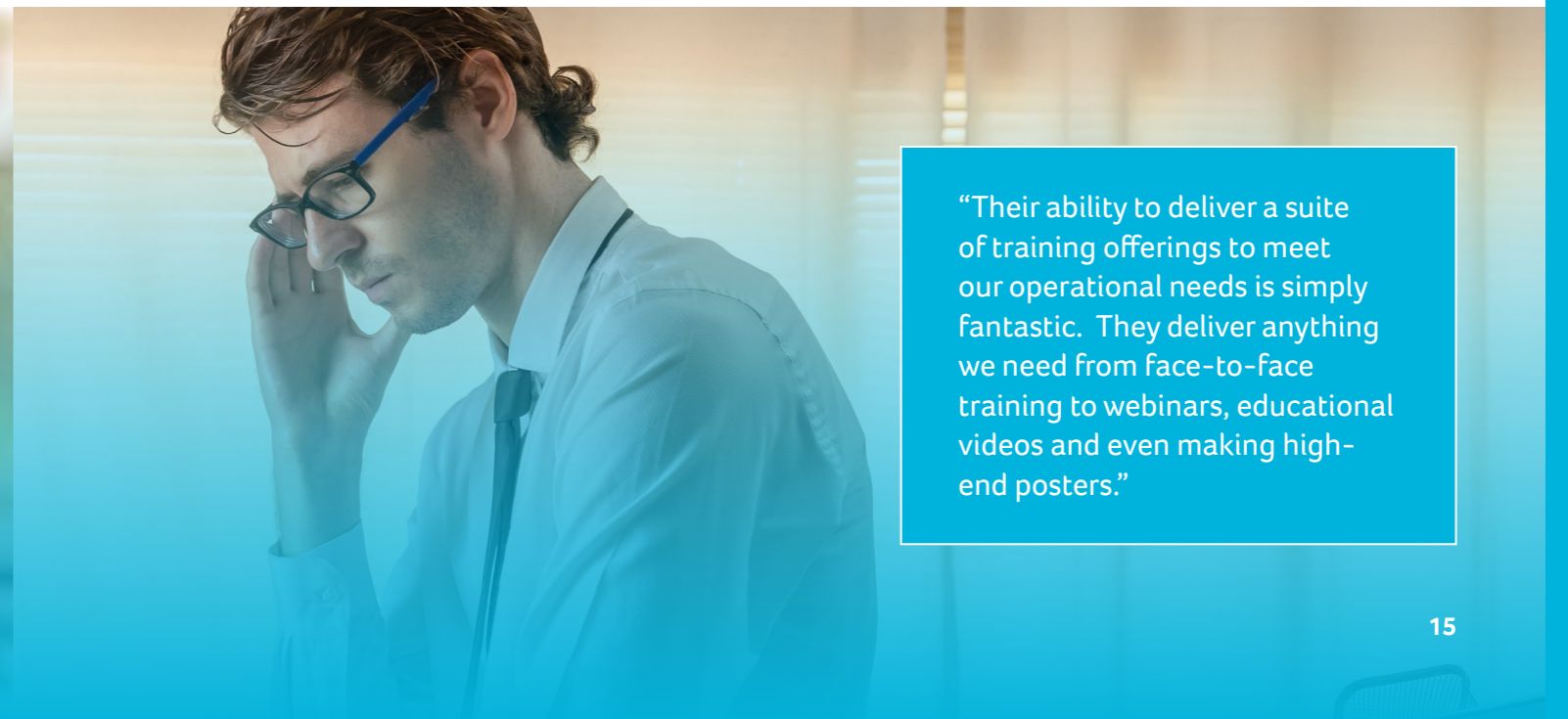
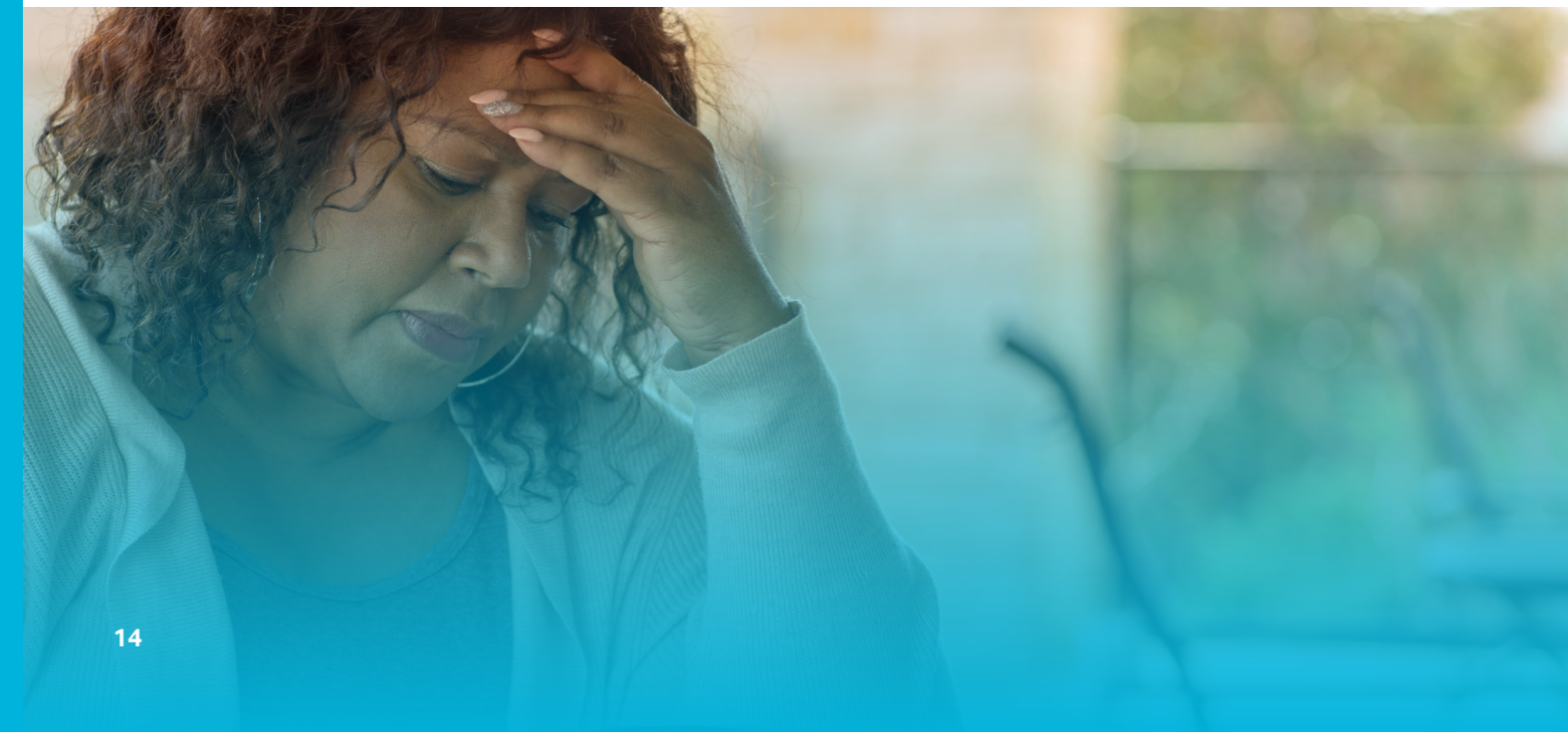
12

COST (£)

VIRTUAL - 600
F2F - 795

FACE TO FACE

WEBINAR



“Their ability to deliver a suite of training offerings to meet our operational needs is simply fantastic. They deliver anything we need from face-to-face training to webinars, educational videos and even making high-end posters.”

Improving Sleep

Sleep is imperative to our health – during this webinar the importance of sleep is reviewed and a range of strategies to help improve sleep are explored.

LENGTH OF WEBINAR	30 MINUTES
MAX NUMBER OF DELEGATES	30
COST (£)	150
FACE TO FACE	✓
WEBINAR	✓



Managing Stress and Building Resilience

No one is immune to stress, and we can all experience and exhibit the signs of stress in different ways. This webinar is designed to help employees understand what stress is, to recognise their own triggers, and to become more resilient to the pressures and adversities in today's world.

LENGTH OF WEBINAR	60 MINUTES
MAX NUMBER OF DELEGATES	15
COST (£)	VIRTUAL - 250 F2F - 445
FACE TO FACE	✓
WEBINAR	✓



Working Well at Home

A webinar providing employees with evidence-based advice on how to manage their physical and mental wellbeing from home. Specifically developed to support employees who've been required make a fast transition from work to home. Key content includes dynamic risk assessments; workstation optimisation; keeping active and desk-based exercises; preventing stress and feelings of isolation; and strategies for effective home working.

LENGTH OF WEBINAR	60 MINUTES
MAX NUMBER OF DELEGATES	30
COST (£)	250
FACE TO FACE	✓
WEBINAR	✓



Diet and Nutrition

During this webinar employees will develop a basic understanding of diet, nutrition and energy. They'll become familiar with the current recommendations for a healthy diet and learn strategies to help achieve a healthy diet and weight. Common headline news items are also explored, and myths de-bunked.

LENGTH OF WEBINAR	60 MINUTES
MAX NUMBER OF DELEGATES	30
COST (£)	250
FACE TO FACE	✓
WEBINAR	✓



An introduction to Mindfulness

Paying more attention to the present moment, to your own thoughts and feelings, and to the world around you can improve your mental wellbeing. This webinar provides an unbiased and evidence-based review of mindfulness. Delegates are provided with the opportunity to practice several different mindfulness techniques that can be used at home and in the workplace.

LENGTH OF WEBINAR	60 MINUTES
MAX NUMBER OF DELEGATES	30
COST (€)	250
FACE TO FACE	✓
WEBINAR	✓

Financial Wellbeing

This course has been designed specifically for employers, managers and leaders who want to better understand and support their employee's mental health and financial wellbeing through the cost-of-living crisis. We recognise that poor financial wellbeing can occur across all types of employee segments, regardless of age, occupation or income and can have a significant impact on not only individuals, but businesses through absenteeism and team morale. This 1-hour interactive session will equip attendees with the ability to recognise the signs that someone may be struggling and give them the skills and confidence to be able to have those difficult conversations and address any issues head on.

LENGTH OF WEBINAR	60 MINUTES
MAX NUMBER OF DELEGATES	15
COST (€)	VIRTUAL - 250 F2F - 445
FACE TO FACE	✓
WEBINAR	✓

Mindfulness practice

We offer 12 different 30-minute mindfulness practice webinars. These are ideal for people who have already completed 'An introduction to Mindfulness' and would like to attend a range of different guided mindfulness practice webinars. Engaging in these webinars not only helps employees to reap the rewards of mindful practice, but also helps them to find techniques that they can implement in a variety of different situations and environments.

LENGTH OF WEBINAR	60 MINUTES
MAX NUMBER OF DELEGATES	30
COST (€)	150
FACE TO FACE	
WEBINAR	✓



DSE assessor training

This course trains employees to become DSE (display screen equipment) assessors. Delegates will recognise the hazards associated with prolonged computer use; become familiar with key legislation; and develop the skills to conduct independent DSE assessments.

LENGTH OF WEBINAR	3.5 HOURS
MAX NUMBER OF DELEGATES	12
COST (€)	600
FACE TO FACE	
WEBINAR	✓

Safe office working

This workshop teaches delegates how to prevent and manage musculoskeletal disorders and stress; the two most significant risk factors for office-based work.

Delegates learn how to assess and optimise their own workstation through a combination of theoretical, problem-based learning scenarios, and practical activities. Delegates are offered the opportunity to complete a 'Mini-MOT' to assess their strength and flexibility and learn how these can be improved to prevent work related musculoskeletal disorders.

All of these workshops are delivered by chartered physiotherapists and rehabilitation therapists as they are experts at identifying and reducing postural risk factors associated with office-based work.

LENGTH OF WEBINAR	60 MINUTES
MAX NUMBER OF DELEGATES	30
COST (€)	250
FACE TO FACE	✓
WEBINAR	

This workshops also helps employers fulfil their health and safety obligations and can prevent unnecessary costs often associated with external and independent workstation (DSE) assessments.

Manual handling

This is a highly engaging and practical workshop. Delegates understand how to minimise the root-cause of musculoskeletal conditions and accidents at work. A key focus is for employees to take responsibility for their own health, safety and wellbeing. They will also understand how to complete dynamic risk assessments, and implement all key JLR policies and procedures. Half of this workshop is dedicated to practical activities, during which delegates use problem-based learning and critical analysis to recognise how to optimise their manual handling techniques.

LENGTH OF WEBINAR	3.5 HOURS
MAX NUMBER OF DELEGATES	15
COST (€)	600
FACE TO FACE	✓
WEBINAR	

The practical activity needs to be completed in a 'real world environment', using the equipment, and tools that they would use as part of their work tasks. This ensures skills are transferable and can be implemented effectively to ensure safer behaviours.



“Absolutely fantastic and insightful. Much better than any manual handling course I’ve ever attended. The trainer had a huge amount of knowledge about our job and the industry we work in. For once, all of the skills we learned could actually be applied in the real world. thanks for an engaging and thoroughly enjoyable session!”

Want to know more?

We have a team of specialists ready to discuss your requirements and provide a range of solutions that suit your strategy, objectives and budget.

You can get in touch at:

 0333 222 0710

 wellness@vhg.co.uk

 vitahealthgroup.co.uk

Scan here

