



Corporate  
Training  
Solutions



# Corporate Training Solutions

A comprehensive array of preventative services for employers to foster a healthy and productive workforce.

Visit our Preventative Services page by scanning the QR code:





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# Vita Health Group stands as a distinguished market leader, acclaimed for its excellence in workplace mental and physical wellbeing solutions.



Mental  
Health



Physical  
Health



General  
Well-being



Work Focused  
Support

Our Preventative Services go beyond conventional offerings, presenting a comprehensive array of solutions for employers seeking both proactive and reactive measures to foster a healthy and productive workforce.

From impactful training courses and critical incident support to essential supervision, coaching, and mediation services, our Preventative Services have consistently demonstrated a substantial reduction in absenteeism, improved performance, and heightened engagement. Employees frequently report feeling valued by their

employers, showcasing the efficacy of our preventative services.

Our collaborative approach extends across diverse industries, encompassing the NHS, government agencies, utilities, aerospace, rail, information technology, manufacturing, and distribution.

Recognising the unique challenges each sector faces, we tailor our services to meet specific needs, ensuring that our interventions resonate and address industry-specific nuances.

Our mission is not only to raise awareness of mental health but also to foster an inclusive workplace culture that champions the well-being of every employee. By actively engaging with our clients, we aim to create customised solutions that align with their organisational goals and contribute to the overall success of their workforce.

“Annually, we successfully deliver thousands of workshops, webinars and supervision sessions covering a broad spectrum of mental health topics”

Our sessions range from concise 30-minute discussions on stress management to immersive 2-day programs focused on mental health first aid and trauma management. We are committed to elevating mental health awareness, dismantling stigma, and addressing discrimination in the workplace. Choose Vita Health Group for comprehensive, tailored solutions that make a lasting impact on workplace well-being.

We've  
helped over

1m+

people think and  
feel better.





# Support in the event of a Critical Incident

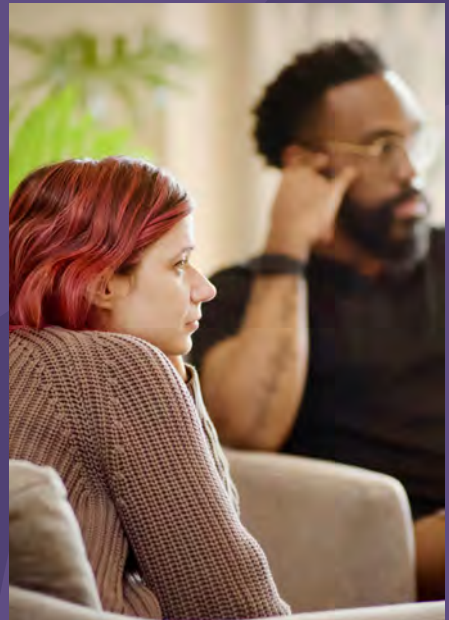


On-Site or Online • Half Day: £795 (plus VAT) • Full Day: £1200 (plus VAT)

Vita Health Group are experienced in delivering support and advice in response to a critical incident or traumatic event in the workplace.

## What does the support involve?

- Helping people to reduce their anxiety.
- Validating the natural emotional reactions to a shocking event.
- Helping people to determine what they need to do to look after themselves in the short term.
- Providing information about their EAP service and the 24/7 helpline support.
- Providing information about the natural psychological coping processes following an event, and when to seek further support.
- In line with NICE guidance for the prevention of PTSD, this is NOT psychological debriefing or any derivative form of this.



In the event of an incident, calls can be made to the helpline 24hrs a day, 7 days a week.

We also work with a team of Critical Incident responders who can deliver additional support to a team or workplace, either on-site or via virtual delivery, depending on your needs.

Managers can contact the helpline 24/7 to seek support following an incident, and they will be supported by a qualified counsellor, trained to provide evidence-based support and advice in the event of a critical incident.



### Client Feedback

I reached out for support on a personal situation on a Sunday lunchtime. The level of support I received on behalf of a family member was exceptional and the care and attention the counsellor showed me was great, informative and above what I expected, I was contacted during the following week for additional support as needed. The response and overall care the team member showed me was fantastic.

In addition, we sadly lost a team member through a sudden and unfortunate death which had a terrible impact on the team

**On-site Critical Incident Support**  
Our standard on-site critical incident response is delivered at least 72hrs following an incident.

This is in line with best practice, allowing space and time for the immediate natural psychological coping mechanisms of individuals to begin.

Where this on-site support is indicated one of our Critical Incident Responders can provide support to those individuals who may not have other support networks available or who need an independent person to talk to for support and evidence-based advice.

that worked with the deceased. We reached out to EAP and was immediately supported with on site counselling the following day, the counsellors spent the day and evening meeting with all team members providing support and advice over there grieving.

Overall the quick response and support for my team was so needed. The feedback from my team has been amazing and I recommend the use of this support for anyone in need”



# Mediation in the workplace



On-Site or Online • £165 Per Session (plus VAT) • Typically up to 10 Sessions

Mediation is one of the tools of conflict resolution. It is a process by which an independent impartial third party helps two or more people in conflict talk about their situation, exchange their concerns and work towards a resolution.

## What types of issues are suitable for mediation?

- Issues that the parties have the power to resolve; Specific complaints about behaviour.
- Conflict that has resulted in allegation and counter-allegation.
- A breakdown in working relationships
- Conflicts within teams.
- Conflict between a manager and team members conflicts within the management team.
- Disputes between internal and or external stakeholders.

## Confidentiality

Mediation is private, confidential and without prejudice, anything disclosed during the mediation is done so without prejudice and cannot be used in any future proceedings should the parties fail to reach agreement.





## Client Feedback

“The most useful/helpful thing I would say is that I got to hear first hand how the other party was feeling about the issues that arisen and to see their side of things and take these on board.

The mediation process helped to ‘clear the air’ between the parties and move forward in a positive way and hopefully achieve a better working”.

It also made me realise that certain assumptions were made by both parties that were wrong and only exacerbated the situation further.

## Mediation – how does it work?

The Mediator will meet each party separately and establish what the issues are for them. The mediator will explore expectations, clarify and address any concerns the party may have, and explain how the mediation process works. If the parties are happy to proceed a joint meeting then takes place.

The Mediator then works with the parties to create an agenda for the meeting, drawing out concerns and issues by agreeing what can realistically be settled by listening to the background information from all sides

The Mediator will encourage the parties to take on one issue at a time and to generate a range of options. The Mediator will explore what the parties want and what they can do about the situation. The mediator helps the parties work through their differences, manage their conflict supporting them to chart a way forward.

The Mediator will ensure that agreements that have been made about a way forward are workable and fully understood by all parties. If required the Mediator will prepare a written agreement and distribute it to the parties. If the parties require a third party to be aware of the outcome (e.g. a line manager) the Mediator will also ensure that a copy is sent to them. Any notes that were made during the sessions will be destroyed.



# Preventative Training: Our Bespoke Solutions

Our comprehensive courses, meticulously crafted and presented by experienced clinicians, are deeply rooted in contemporary research and evidence-based practices. We address prevalent issues affecting employee health well-being, attendance, and engagement by targeting our sessions on some of the most common issues that negatively impact on productivity and well-being.

“What sets us apart is our commitment to a flexible, tailor-made, and innovative approach in delivering training, ensuring not only active participant engagement but also a discernible return on investment.

For organisations seeking a more personalised touch, we offer a fully bespoke service. Our team of expert clinicians are ready to design and construct training content tailored to the specific needs of

your organisation or team. Whether it involves refining existing courses or creating something entirely novel, we welcome the opportunity to collaborate and build a training solution from the ground up. At Vita Health Group, we are dedicated to supporting the unique well-being needs of your workforce, promoting a healthier and more resilient workplace environment.

We deliver our training in two different formats as either a workshop or a webinar/seminar. Both formats offer flexibility by being adaptable to both online and face-to-face settings, making it easier to accommodate your team's preferences and logistical constraints.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



## Workshops

Our workshops are crafted to provide an immersive and interactive experience for your team. Designed to foster active participation, these sessions encourage open discussions, group activities, and real-time feedback. With a recommended maximum of 15 delegates, workshops ensure that each participant has the opportunity to actively engage, contribute, and share their insights.

## Webinars/Seminars

For larger groups, our webinars and seminars offer a more structured, lecture-style format. These sessions are ideal for disseminating valuable information to a broader audience. While some may include Q&A sessions or polls to engage the audience, the level of interaction is more limited compared to workshops. Webinars and seminars are scalable, making them the preferred choice when you need to reach a larger number of employees simultaneously. They are a valuable tool for providing essential mental health and well-being content efficiently and effectively to your team.



# Our Courses: Mental Health



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# Ageism in the workplace

1-2  
Hours

Webinar/Online Workshop: £300 (plus VAT per hour)

Seminar/On-Site Workshop: £500 (plus VAT per hour)

Did you know that ageism is the biggest type of discrimination in the UK?

This can have a cumulative impact on the well-being and mental health of colleagues. This session is designed to discover and discuss this topic openly and provoke thought and how we can support our colleagues.

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# Bereavement, Grief & Loss

60  
Minutes

Webinar/Online Workshop: £300 (plus VAT)

Seminar/On-Site Workshop: £500 (plus VAT)

Many people experience bereavement, grief, and loss in their lives.

This can have a cumulative effect on their well-being 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.

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# Children & Young People: Mental Health Awareness

6  
Hours

Our CYP courses are designed for professionals working with children & young people.

Workshop Only • Online Workshop: £1,800 (plus VAT)

On-Site Workshop: £3,000 (plus VAT)

This session is designed to empower your teams in supporting children and young people with their mental health.

This comprehensive course provides tools, techniques, and a deepened understanding, instilling confidence in delegates to effectively implement proactive mental health strategies.

The aim is to cultivate mental health awareness, enhance interpersonal skills, and foster a psychologically safe culture within the workplace.

Participants will delve into adolescent development, common mental health illnesses, effective communication with young individuals, and the recognition of signs and symptoms.

By the end of the session, your teams will possess the skills and confidence needed to step in, support, and appropriately signpost those in distress, aligning with professional frameworks for enhanced efficacy.

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# Children & Young People: Self-Harm

3  
Hours

Our CYP courses are designed for professionals working with children & young people.

Workshop Only • Online Workshop: £900 (plus VAT)

On-Site Workshop: £1,500 (plus VAT)

This session focuses on building confidence in addressing self-harm issues. Participants will acquire practical tools, techniques, and a nuanced understanding to effectively navigate self-harm concerns.

The course aims to enhance self-harm awareness, fostering a proactive approach to managing mental health in the context of children and young adults.

The objectives include understanding self-harm, improving communication with young individuals on this topic, recognizing signs and symptoms, and developing the skills and confidence to provide support and appropriate referrals.

The content covers a range of key areas, from an introduction to self-harm and responding to the individual, to understanding underlying problems and mental health support.

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## “We work closely with Vita on our long-term health and wellbeing strategy.”

“They’re not just a training provider, they offer great evidence-based guidance and support on how we, as an organisation, can strategically improve the health, safety and well-being of our employees.”

“ Client Feedback

“Amazing training, faultless, so well delivered, very good engagement, thoroughly enjoyed it and learnt a lot.”

“ Client Feedback



# LGBTQIA+ Awareness

60  
Minutes

Webinar/Seminar Only • Webinar: £300 (plus VAT)  
Seminar: £500 (plus VAT)

Join our LGBTQIA+ Awareness session for an enlightening exploration of diversity and inclusion.

This concise yet impactful session aims to enhance understanding, foster empathy, and promote a supportive environment for everyone. Gain valuable insights into the LGBTQIA+ community, learn inclusive language, and discover practical ways to create an affirming workplace culture. Elevate your awareness and contribute to a more inclusive and accepting professional environment.

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# Managing Change

60  
Minutes

Webinar/Online Workshop: £300 (plus VAT)

Seminar/On-Site Workshop: £500 (plus VAT)

Our change management session is designed to provide all employees with a comprehensive overview of change management.

This session equips participants with a foundational understanding of change processes, common reactions to change, and the role they play in successful transitions. By exploring coping strategies and emphasising the benefits of embracing change, employees will gain valuable insights to navigate organisational transitions with resilience and contribute to a positive change culture.

This session sets the stage for individuals to effectively adapt to change, fostering a more agile and collaborative workplace

We would recommend that all employees impacted by any organisational change would attend this session.

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# Managing Work-Related Trauma

9  
Hours

Workshop Only • 3 x 3 Hour Sessions • Online Workshop: £2,700 (plus VAT)  
On-Site Workshop: £4,500 (plus VAT)

The 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.

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# Men's Mental Health

60  
Minutes

Webinar/Seminar Only • Webinar: £300 (plus VAT) • Seminar: £500 (plus VAT)

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.

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**“I would say I’m reasonably familiar with mental health issues, but there was still a great deal of new information”**

“I was provided with tools that I can use both for myself and to support my team. It was very useful session.”

“ Client Feedback

“We are constantly impressed with the bespoke service that they provide. They’ve led fantastic workshops in both physical and mental health. ”

“ Client Feedback



# Mental Health Advocacy (Mental Health First Aid)

12  
Hours

Workshop Only • 2 Days (6 Hours Per Day)

Online Workshop: £3,600 (plus VAT) • On-Site Workshop: £6,000 (plus VAT)

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 for 12 months post course completion.

For more information please scan the QR code, visit our website or contact:



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“Delighted to have completed Vita Health Group's Mental Health Advocacy course. We learnt how to support all types of mental health conditions, how to approach this very sensitive subject and how best to support our communities in maintaining their mental wellbeing. Huge thanks for this amazing course. Always remember it is just as important to look after your Mental Health as it is your Physical Health!”

Jake Huggett, Senior Project Officer,  
Kent County Council.



# Mental Health Advocacy (Mental Health First Aid): Fast-Track



Workshop Only • Online Workshop: £1,800 (plus VAT)  
On-Site Workshop: £3,000 (plus VAT)

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.

This course builds on delegate's existing knowledge-base and enables them to become Mental Health Advocates (First Aiders). 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 helpline to support them in their advocacy role for 12 months post course completion.

“Thank you for facilitating such an insightful and valuable Mental Health Advocacy course. I truly appreciate the effort and dedication you put into creating a supportive and enriching learning environment for us all.

Your approach was both sensitive and authentic, making the learning experience truly impactful. Thank you once again for your dedication to creating advocates for positive mental health-I feel a real part of the movement.”

Melinda Adams

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# Mental Health Advocacy (Mental Health First Aid): Group Supervision

60  
Minutes

Online Only • £450 Per Session (plus VAT) • Up to 6 Participants

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 run by one of our experienced clinicians it will also provide ongoing support and reassurance from a mental health professional.

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# Mental Health Awareness

3  
Hours

Workshop Only • Online Workshop: £900 (plus VAT)  
On-Site Workshop: £1,500 (plus VAT)

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.

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**“Vita Health Group have always gone the extra mile to ensure their training meets our needs.”**

“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.”

“ Client Feedback

“Vita have recently supported us with training on hybrid working, to support our workforce transition back into the office environment due to an organisational restructure.”

“ Client Feedback



# Suicide Awareness

2  
Hours

Workshop Only • Online Workshop: £600 (plus VAT)

On-Site Workshop: £1,000 (plus VAT)

With the ever-increasing rise in mental health issues our suicide awareness session is designed to provide all employees with a comprehensive overview of suicide.

This session equips participants with a foundational understanding of Identifying signs of someone at risk of suicide. Learn how to ask “the question” and review how isolation and negative thoughts can contribute to an individual’s suicidal intent.

Looking at changing behaviours. Think ‘safety first’ throughout to an intervention, how to approach someone and initiate a conversation in a sensitive and effective manner. Learn how to refer someone to the emergency and/or support.

At the end of the session feel more confident and reassured to step in if you spot the signs that someone may be struggling.

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# Stress and Resilience

1-6  
Hours

1, 3 and 6 Hour Options Available • Webinar/Online Workshop: £300 per hour (plus VAT) • Seminar/On-Site Workshop: £500 per hour (plus VAT)

These sessions are designed to ensure delegates have an understanding of what stress is, how stress can impact on our wellbeing. long 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.

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# Women's Mental Health

60  
Minutes

Webinar/Seminar Only • Webinar: £300 (plus VAT)  
Seminar: £500 (plus VAT)

Delve into the intersection of Women's Mental Health and the Menopause with our comprehensive course, addressing critical aspects for individuals and organisations.

From defining the health context to understanding the nuances of menopause and perimenopause, the program explores the mental health impact on various facets of lifework, home, and within the body.

Participants will gain insights into the signs and symptoms experienced by women, fostering awareness, understanding, and reducing stigma surrounding the menopause.

The course also delves into the broader organisational impact on a growing workforce, supplemented by real-life case studies.

In addition, it covers relevant legislation, policies, and adjustments to ensure a holistic understanding and effective support system. Join us to navigate this important intersection and empower individuals and organizations for enhanced well-being.

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# Our Courses: Wellbeing





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# Diet and Nutrition

**60**  
Minutes

Webinar Only • Webinar: £300 (plus VAT)

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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.

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# Financial Wellbeing

60  
Minutes

Webinar/Seminar Only • Webinar: £300 (plus VAT)  
Seminar: £500 (plus VAT)

Amidst the current cost-of-living crisis, this interactive workshop addresses the profound impacts on mental health and well-being that have historically been overlooked in the workplace.

Gain valuable techniques and tools to enhance your own resilience amidst uncertainty and actively support well-being in the workplace.

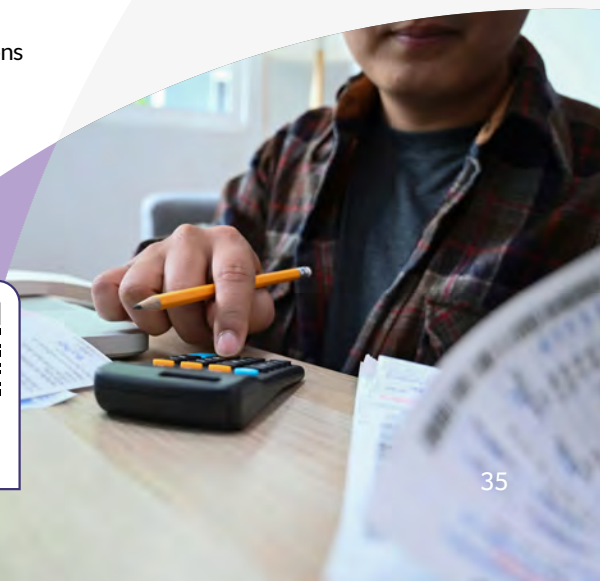
Join us for a blend of financial and mental well-being education, complemented by practical tools and resources to bolster resilience during uncertain times.

Attending this session will empower you with the ability to recognize signs of struggle in yourself and others, offering the skills and confidence to navigate difficult conversations around mental and financial well-being.

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# Mindfulness

1-6  
Hours

1, 3 and 6 Hour Options Available • Webinar/Online Workshop: £300 Per Hour (plus VAT) • Seminar/On-Site Workshop: £500 Per Hour (plus VAT)

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.

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# Sleep Hygiene

60  
Minutes

Webinar/Online Workshop: £300 (plus VAT)

Seminar/On-Site Workshop £500 (plus VAT)

Sleep is our bodies time to rest and recover and in latest research it is emphasised how important good quality sleep is to us.

In this course the latest evidence-based sleep hygiene will be discussed, and delegates will be able to understand and learn new techniques to getting a better and deeper night sleep, feeling better, rested, and more productive the next day.

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**“It always makes me feel a bit better to know that I’m not the only one.”**

“As well as being informative, the session was a brilliant opportunity for everyone to share their experiences. Our clinician was lovely and calming.”

“ Client Feedback



“The pace was good, varied topics and presenter was very knowledgeable and everyone felt included.”

“ Client Feedback

# Understanding Pain

**60**  
Minutes

Webinar Only • £300 Per Hour (plus VAT)

In this course delegates will learn the basics of pain, pain production, and the chronic pain cycles. Delegates will also learn techniques to not only live with pain but how to thrive while living with pain.

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# Understanding Arthritis

60  
Minutes

Webinar Only • £300 Per Hour (plus VAT)

Arthritis is a common condition suffered with by at least 10 million people in the UK.

Understanding the condition of Arthritis and how to manage it is a vital part of learning how to live with Arthritis and staying as active as possible.

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# Basics of Injury Management

60  
Minutes

Webinar Only • £300 Per Hour (plus VAT)

This course aims to summarise the basics of acute injury management.

You will learn the contemporary approaches including PEACE and LOVE which encapsulates the important of psychological factors and how to enhance recovery.

PEACE guides individuals through treatment advice immediately after injury. LOVE guides individuals through treatment advice for the first few day's post injury.

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please scan the QR code,  
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# Keeping Healthy at Work

60  
Minutes

Webinar Only • £300 Per Hour (plus VAT)

Within this course you will learn hints and tips of how to stay healthy whilst at work, whether you're a home worker or office worker.

This course includes evidence-based advice on how to manage your physical and mental wellbeing from home, including desk-based exercises; preventing stress and feelings of isolation; and strategies for effective home working.

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**“Very informative training around challenging negative thoughts and cognitive restructuring.”**

“I’m sure most if not all the team can relate to this area. Another thanks for being so candid and relatable in terms of your own experiences - that really struck a cord with our team.”

“ Client Feedback



“Our clinician was great! It was a great training course and gives me time to reflect on the tools that I can use ”

“ Client Feedback

# How to Exercise Safely

60  
Minutes

Webinar Only • £300 Per Hour (plus VAT)

---

Exercising safely means gradually building up frequency, intensity, and duration to prevent the risk of injuries.

In this course you will learn the importance of exercise and the importance of warming up and cooling down.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



# Is Surgery the Answer?

60  
Minutes

Webinar Only • £300 Per Hour (plus VAT)

A common misconception when people experience pain for long periods of time, they feel surgery is the only answer.

There is a lot of research which suggests conservative treatments such as physiotherapy and exercise rehabilitation can prevent surgery.

This course reviews the research and gives you an understanding of how surgery is not always the answer.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



# Coping with Long Term Conditions

60  
Minutes

Webinar Only • £300 Per Hour (plus VAT)

Living with a long-term condition can be challenging at times and it can take a toll you're your psychological wellbeing.

This course is specially designed to help you learn new strategies to reduce anxiety and focus on what you can do to improve your psychological wellbeing.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



# Womens and Mens Health

60  
Minutes

Webinar Only • £300 Per Hour (plus VAT)

In this course delegates will learn about specific health conditions related to their specific sex.

Delegates will learn how to recognise these conditions and who to seek help and advice from if they have any concerns about these conditions.

As well as specific conditions, delegates will be taught some general tips and pieces of advice to keep them healthy and to help prevent conditions from arising.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



# Working Well at Home

60  
Minutes

Webinar/Seminar Only • Webinar: £300 (plus VAT)  
Seminar: £500 (plus VAT)

A webinar providing employees with evidence-based advice on how to manage their physical and mental wellbeing from home.

This course is 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.

For more information  
please scan the QR code,  
visit our website or contact:



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**“Vita are unique, in that they specialise in both mental and physical health training and consultancy.”**

“We’ve been hugely impressed by the training they deliver, and the feedback we receive from delegates, and our administration team is fantastic.”

“ Client Feedback



“The best training I have received. Trainer was great at making everyone feel listened to and able to talk and also made sure everyone was involved.”

“ Client Feedback



## Our Courses:

# Manager Specific Training Solutions



# In this section:

## Manager Specific Training Solutions

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# Bullying and Harassment

2  
Hours

Webinar/Online Workshop: £600 (plus VAT)

Seminar/On-Site Workshop: £1,000 (plus VAT)

Elevate your awareness with our comprehensive session, offering insights into the definitions and recognition of bullying, harassment, sexual harassment, and discrimination.

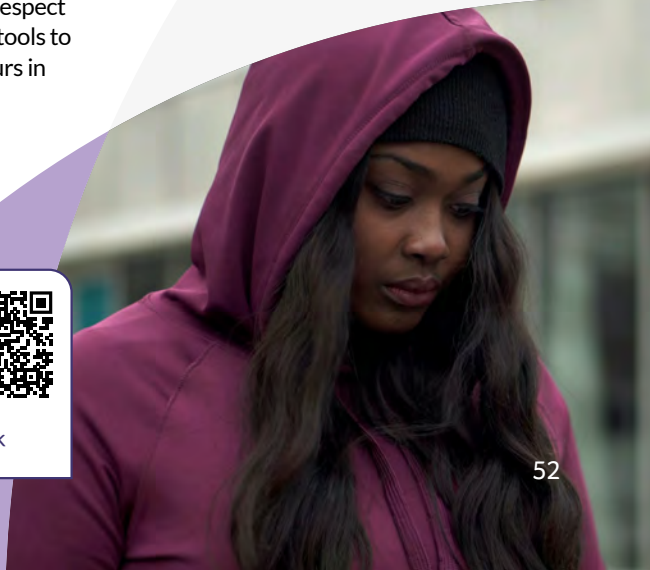
Delve into the profound impact these behaviours can have and equip yourself with effective strategies to manage and challenge them.

The session encourages self-reflection on personal behaviour and provides valuable signposts to additional information and support. Join us to foster a culture of respect and inclusivity while gaining practical tools to address and combat harmful behaviours in the workplace.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



# Growth Through Conflict

3  
Hours

Workshop Only • Online Workshop: £900 (plus VAT)  
On-Site Workshop: £1,500 (plus VAT)

Confrontations and conflict will have a negative impact on our wellbeing.

Vita Health Group recognise the strain and stress this can put on a workforce and have developed this session to support employees who may come into conflict and stressful situations within their day-to-day role.

This interactive psychoeducational session will give delegates the confidence in managing their own stress and build resilience in challenging situations in and out of work. Your team will come away with tools and techniques that they can implement immediately and be champions of positive mental health.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



# Leading Through Change

3  
Hours

Workshop Only • Online Workshop: £900 (plus VAT)

On-Site Workshop: £1,500 (plus VAT)

Our 3-hour advanced change management session for managers is designed to enhance their leadership skills and empower them to effectively lead and manage organisational change.

Building upon the foundational knowledge covered in the employee session, this course dives deeper into change management principles and strategies. Managers will gain insights into effectively communicating change, setting a clear vision, and overcoming resistance.

With a focus on leading by example, managers will learn to inspire and motivate their teams to embrace change, fostering a culture of adaptability and collaboration.

This comprehensive training equips managers with the tools and confidence to drive successful change initiatives, ultimately enabling them to guide their teams and the organization through transformational journeys in a sustainable and positive manner.

This course can also be delivered to “change champions”, employees who may not be managers but who are identified within your team as having a positive influence and interest in personal and professional development.

For more information  
please scan the QR code,  
visit our website or contact:



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# “We’ve co-delivered training with Vita for our line managers.”

“This blended approach has allowed a complex and potentially dry topic to be brought-to-life much to the benefit of our employees.”

“ Client Feedback



“This training was amazing and I will take so much away from this that will directly impact my daily work as a manager.”

“ Client Feedback

# Managing Work-Related Trauma

3  
Sessions

3 Hour Sessions • Workshop Only • Online Workshop: £2,700 (plus VAT)  
On-Site Workshop: £1,500 (plus VAT)

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.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



# Mental Health Awareness for Managers

3  
Hours

Workshop Only • Online Workshop: £900 (plus VAT)

On-Site Workshop: £1,500 (plus VAT)

Tailored exclusively for managers and leaders, this course is designed to raise awareness and destigmatize mental health conditions in the workplace.

Participants will gain a deep understanding of how to effectively support colleagues dealing with mental health challenges while clearly defining their responsibilities and boundaries.

The program focuses on providing managers with the confidence to recognize early warning signs and engage in constructive, supportive conversations around mental

health. Exploring factors contributing to work-related stress and identifying signs of common mental health conditions, participants will also learn a range of methods to engage with individuals struggling with their mental health and develop the assurance to appropriately signpost them for support.

This specialized training equips managers with the knowledge and confidence needed to proactively foster a mentally healthy workplace through informed and empathetic leadership.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)

# Neurodiversity Awareness

60  
Minutes

Webinar/Seminar Only • Webinar: £300 (plus VAT)

Seminar: £500 (plus VAT)

Celebrate neurodiversity and unlock its benefits in the workplace with our focused session on Autism.

Discover how fostering an inclusive environment for neurodiversity brings diverse perspectives, enhances problem solving abilities, and unleashes creativity within your organisation.

During this session, we'll delve into Autism, aiming to provide you with the knowledge and tools necessary to create an inclusive and supportive work environment for employees with Autism.

Join us in cultivating an inclusive workplace where everyone's unique strengths contribute to a thriving and supportive professional environment.

For more information  
please scan the QR code,  
visit our website or contact:



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# Psychological Safety

60  
Minutes

Webinar/Seminar Only • Webinar: £300 (plus VAT)  
Seminar: £500 (plus VAT)

This session offers a deep dive into the concept of psychological safety, empowering employees to embrace interpersonal risks, voice opinions, and contribute without apprehension.

The session encompasses enlightening discussions on how psychological safety enhances individual and team performance, fosters innovation, and ultimately leads to practical insights and actionable strategies for nurturing a positive culture shift.

Attendees will not only be educated but also empowered to actively participate in cultivating a thriving workplace.

For more information  
please scan the QR code,  
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## “A great opportunity to talk to someone outside my usual line Management”

“I received confidential, non-judgemental support and advice encouraging me to understand my own strengths and challenges and to work towards building a more resilient and better prepared leader.”



Client Feedback

“This support has enabled me to come back stronger and more resilient without losing or compromising any of the positive elements of my approach.”



Client Feedback



# Stress and Resilience

1-6  
Hours

1, 3 and 6 Hour Options Available • Webinar/Online Workshop: £300 Per Hour (plus VAT) • Seminar/On-Site Workshop: £500 Per Hour (plus VAT)

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.

For more information  
please scan the QR code,  
visit our website or contact:



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# Thriving Leadership

3  
Hours

Workshop Only • Online Workshop: £900 (plus VAT)

On-Site Workshop: £1,500 (plus VAT)

This session has been tailor-made to empower leaders and managers who are eager to cultivate a supportive and highly productive work environment.

This session will equip your management team with the essential skills and knowledge they need to emerge as confident and effective leaders.

Through this session, we will define roles, establish boundaries, and enhance communication, while also delving into the crucial aspects of identifying employee stress signals and effectively resolving conflicts.

This proactive session promises to furnish your managers with the indispensable tools to foster positive relationships, amplify engagement levels, and drive overall productivity.

Seize this invaluable opportunity to empower your managers, allowing them to unlock their full potential as unwavering supporters of your exceptional team.

For more information  
please scan the QR code,  
visit our website or contact:



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# Visual Impairment Awareness

60  
Minutes

Webinar/Seminar Only • Webinar: £300 (plus VAT)  
Seminar: £500 (plus VAT)

Enrich your understanding of disability with our Visual Impairment Awareness course.

Tailored to enhance awareness of various visual impairments, this course equips participants with the knowledge to comprehend the challenges faced by visually impaired colleagues.

Gain practical skills to provide effective support, fostering a workplace environment where individuals with visual impairments feel understood and accommodated. By the end of the course, participants will possess the confidence to step in, support, and guide visually impaired individuals, ensuring inclusivity and a more supportive professional community.

For more information  
please scan the QR code,  
visit our website or contact:



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# Our Courses: Coaching & Supervision Services





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## Coaching & Supervision Services

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Executive Wellness Coaching	67
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Individual Supervision	70
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# Career Coaching

50  
Minutes

Online Only • £150 Per Session (plus VAT)

Our service is dedicated to helping individuals achieve short-term goals, clarify long-term career objectives, and navigate various work-related issues.

The session aims to support their current role or advance their career within their organization. During a 50-minute session with a Career Consultant, individuals will define their values and aspirations for both short and long-term goals, analyse internal opportunities, and learn to present their experience in a way that aligns with new opportunities or changes within their organisation.

The session also involves exploring the fit of current skills with organisational needs, creating a personalised development plan, overcoming barriers to goal achievement, discussing forthcoming promotions, planning for internal interviews or the first 60 days of transferring into a new role, and strategizing for role changes, promotions, or retirement.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)

# Executive Wellness Coaching

50  
Minutes

Online Only • £300 Per Session (plus VAT)

Elevate your leadership capabilities with our tailored Executive Coaching sessions designed for Senior Management.

In these individualized one-on-one sessions, we focus on reviewing psychological wellness and providing essential workplace support.

The sessions can delve into a range of topics, including exploring personal values and aspirations, refining communication skills for enhanced effectiveness, coping with workplace stress, aligning current skills with organisational needs, creating a personal development plan, identifying and removing workplace barriers, preparing for promotions or role changes, and offering additional signposting support if required.

For more information  
please scan the QR code,  
visit our website or contact:



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# Group Supervision

60  
Minutes

Online Only • £450 Per Session (plus VAT) • Up to 6 Participants

Group Supervision offers a enriching environment for professionals to enhance their skills and address challenges collectively.

Like individual supervision, group sessions provide a platform for participants to reflect on their work, discuss cases, and receive guidance from a skilled supervisor.

The added advantage of group dynamics introduces shared learning opportunities, diverse perspectives, and peer support, fostering a supportive community where participants can gain insights from one another's experiences. This collaborative setting not only allows for the exploration of individual challenges but also encourages the exchange of best practices and collective problem-solving.

Group Supervision is a dynamic and interactive approach that leverages the collective wisdom of participants for professional development and enhanced effectiveness in their respective roles.

For effective group dynamics and active participation, the supervision groups should be no more than 6 per group.

This allows for each participant an opportunity to receive individual attention and guidance from the supervisor and means that each persons needs are addressed effectively. The smaller group also fosters a sense of trust and support which is vital to the process and promotes the safe and confidential environment where everyone in the group can share, learn, and support each other.

For more information  
please scan the QR code,  
visit our website or contact:



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**“Having struggled with a demanding leadership role, I knew I needed to learn to work and to lead differently.”**

“The Executive Wellbeing Support programme really helped me with that.”



Client Feedback



“Really good mix between theory, videos and case studies to incorporate everyone’s learning styles.”



Client Feedback

# Individual Supervision

50  
Minutes

Online Only • £250 Per Session (plus VAT)

The individual supervision session is with a mental health clinician and offers a one-time session for individuals seeking immediate support for emotional or psychological concerns.

This type of session allows clients to discuss their feelings, experiences, or specific issues in a confidential and supportive environment.

Our experienced clinicians are trained professionals who can provide guidance and assistance with emotional regulation, coping strategies, and self-care techniques. The goal of this session is to provide immediate relief, validation, and a starting point for further exploration or referral if needed.

For more information  
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visit our website or contact:



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# Resilience Coaching

50  
Minutes

Online Only • £300 Per Session (plus VAT) • Minimum of 3 Sessions

This programme is designed for individuals who have experienced significant change, stress, trauma, potential redundancy or managers who require strategies to assist them.

Our resilience coaching sessions provide the necessary tailored support and guidance to navigate these challenges with resilience and strength.

These sessions are a perfect complement to our group training sessions for individuals who may need more support for a specific situation. The resilience coaching goes beyond theoretical training, offering personalised coaching that addresses specific concerns and empowers participants to overcome obstacles and thrive in the face of adversity.

For more information  
please scan the QR code,  
visit our website or contact:



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## Our Courses:

# Work Place Training (Health & Safety)





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## Work Place Training (Health & Safety)

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# DSE Assessor Training

**3.5**  
Hours

Webinar Only • Online Webinar: £600 (plus VAT)

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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.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



# Manual Handling

3.5  
Hours

On-Site Workshop Only • On-Site Workshop: £600 (plus VAT)

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.

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.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)

**“We value that Vita only use experienced clinicians to deliver their training.”**

“Whether an employee asks a complex musculoskeletal question during a manual handling training course, or someone wants to know exactly how to manage a suicide situation, their team can always provide an immediate response.”

“ Client Feedback

“I found that the training was very engaging and enjoyed the fact it included relatable on and off the job information regarding injury and exercise.”

“ Client Feedback



# Occupational Health Awareness

2  
Hours

Webinar Only • Online Webinar: £500 (plus VAT)

Elevate your understanding of Occupational Health with our specialised awareness course.

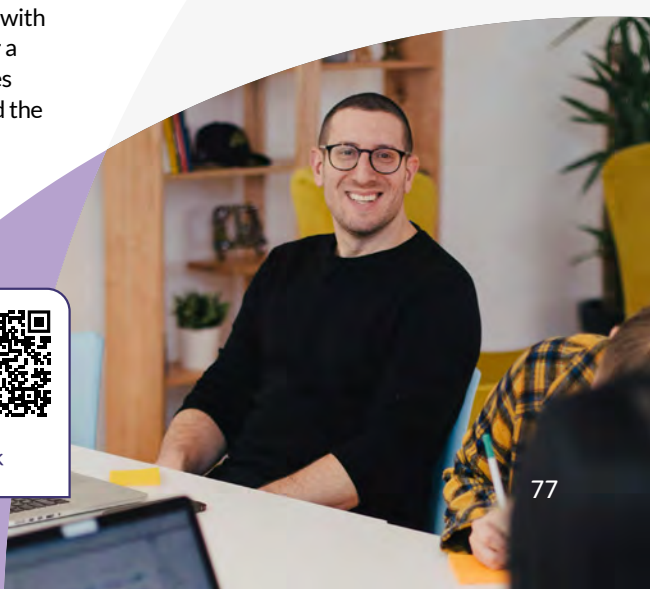
Tailored for line managers, this program imparts essential knowledge and best practices to seamlessly support employee recovery, ensuring business continuity while minimising disruptions to service delivery.

Key focuses include skilfully facilitating employee returns to work, navigating considerations for restricted duties, and discerning when to incorporate Occupational Health input. Join us to equip yourself with the insights and tools needed to foster a workplace environment that prioritises employee well-being, productivity, and the seamless integration of Occupational Health practices.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



# Safe Office Working

60  
Minutes

Workshop Only • Online Workshop: £300 (plus VAT)  
On-Site Workshop: £500 (plus VAT)

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 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.

For more information  
please scan the QR code,  
visit our website or contact:



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**“These sessions allows staff to express their issues and receive comments on how others cope with worry.”**

“I would like to see more of these sessions to allow others who were unable to attend to see they are not alone and we all have worries and have different ways to cope with them..”

“ Client Feedback



“As a well-being champion I will use these tools going forward - Our lead was a great facilitator of learning and did a great job.”

“ Client Feedback



# Our Courses: Wellbeing Wonders





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## Wellbeing Wonders

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# In today's fast-paced world, we understand the importance of addressing mental health topics efficiently and effectively.



Only 30  
Minutes



Covers key mental  
health topics



Clear and  
Concise



Improves team  
wellbeing

That's why we're excited to introduce a series of concise and impactful 30-minute webinars that tackle the most common mental health challenges affecting individuals and organisations.

During each webinar, our expert facilitators introduce key mental health topics, offering valuable insights, practical strategies, and tools that can be immediately implemented. Designed with your busy schedule in mind,

our Wellbeing Wonders deliver valuable takeaways without overwhelming your day-to-day operations.

By optimizing the duration to just 30 minutes, we minimize disruption while maximizing the opportunity for your team to invest in their mental wellbeing. These sessions are ideal for the lunch and learn concept and can be a great first step in helping you form your wellbeing strategy.

**“The session was really excellent and very insightful.”**

“The course led me to reflect on my own working practices as well as approaches to personal life. This has been an excellent course overall.”



Client Feedback

“The best training I have received. Trainer was great at making everyone feel listened to and able to talk and also made sure everyone was involved.”



Client Feedback



# Resilience Booster

**30**  
Minutes

Webinar Only • Online Webinar: £200 (plus VAT)

This transformative webinar explores the power of resilience in overcoming life's challenges.

Discover how to bounce back stronger, adapt to change, and embrace personal growth. Gain practical tools and strategies to build resilience and unlock your potential for success, no matter what life throws your way. Join us to rise above adversity and thrive with resilience.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



# Free Yourself from Worry

30  
Minutes

Webinar Only • Online Webinar: £200 (plus VAT)

---

Gain a deeper understanding of anxiety, its common triggers and the ways it manifests both mentally and physically.

Explore evidence-based techniques and practical coping mechanisms to effectively navigate anxious thoughts and feelings. From mindfulness practices to cognitive-behavioural strategies, we'll find a way to help free yourself from worry.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



# Rise and Shine

**30**  
Minutes

Webinar Only • Online Webinar: £200 (plus VAT)

Explore the impact of sleep on mental health, productivity, and overall well-being, while discovering practical strategies and techniques to improve sleep quality.

From establishing a bedtime routine to managing sleep disturbances, “Rise and Shine” equips you with the knowledge and tools needed to unlock the power of a good night’s sleep. Say goodbye to tossing and turning, and join us to embark on a journey towards revitalised energy and enhanced mental clarity.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



# Workplace Anywhere

30  
Minutes

Webinar Only • Online Webinar: £200 (plus VAT)

---

Learn how to thrive in the era of remote and hybrid working.

Discover practical strategies and proven techniques for maintaining productivity, managing boundaries, and fostering work-life balance in a remote or blended work setting. Gain insights into effective communication, time management, and self-care practices that can enhance your well-being while maximizing your professional performance.

For more information  
please scan the QR code,  
visit our website or contact:



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# Finding Calm in Chaos

30  
Minutes

Webinar Only • Online Webinar: £200 (plus VAT)

---

Join one of our experienced clinicians who will take you on a whistle stop journey to stress-free living and help you find balance in a busy world.

We explore the causes and effects of stress, while providing valuable insights and actionable techniques to manage and reduce its impact on your well-being.

For more information  
please scan the QR code,  
visit our website or contact:



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**“Vita’s 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.”



Client Feedback

“Great session. Lots of info on how to look after your own wellbeing that will make a huge difference for me.”



Client Feedback



# Navigating the Journey of Grief

30  
Minutes

Webinar Only • Online Webinar: £200 (plus VAT)

The driver of the sensitive subject of this webinar is compassion.

We provide guidance and support for those navigating the journey of loss and bereavement.

Explore practical strategies for coping with grief, finding meaning amidst loss, and fostering resilience in the face of adversity. Discover tools to honour the healing process and gain insights into navigating the complexities of grief with strength and compassion.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



# Redefining the Work/Life Balance

30  
Minutes

Webinar Only • Online Webinar: £200 (plus VAT)

In this webinar we explore practical strategies and proven techniques to manage your time, set boundaries, and prioritise self-care.

Discover how to integrate work and personal life seamlessly, reduce stress, and cultivate a sense of fulfilment in all areas of your life without sacrificing in or the other.

For more information  
please scan the QR code,  
visit our website or contact:



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# Power in Positivity

30  
Minutes

Webinar Only • Online Webinar: £200 (plus VAT)

An inspiring webinar that explores the transformative impact of a positive mindset on personal and professional success.

Discover the science behind positivity and learn practical techniques to shift your perspective, overcome challenges, and embrace a more optimistic outlook. Uncover the power of positive thinking, gratitude, and self-affirmation to enhance well-being and foster resilience. Join us to unlock the potential of positivity and harness its energy to thrive in all aspects of life.

For more information  
please scan the QR code,  
visit our website or contact:



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# Nourish your Mind

30  
Minutes

Webinar Only • Online Webinar: £200 (plus VAT)

We look into the intricate relationship between diet, nutrition, and mental health.

Discover how the food we consume can impact our mood, cognitive function, and overall mental well-being. Explore evidence-based strategies to optimise your diet for mental health, including the role of nutrients, gut health, and mindful eating. Gain practical insights and actionable tips to support your mental well-being through nutrition.

For more information  
please scan the QR code,  
visit our website or contact:



[workshops.wellness@vhg.co.uk](mailto:workshops.wellness@vhg.co.uk)



# Mindful Moments

30  
Minutes

Webinar Only • Online Webinar: £200 (plus VAT)

This webinar introduces the power of mindfulness in cultivating presence, reducing stress, and enhancing well-being.

Explore the foundations of mindfulness practice, to help you develop a greater sense of clarity and unlock the benefits of living in the present moment. Discover practical techniques to integrate mindfulness into your daily life, fostering resilience, and promoting emotional balance.

For more information  
please scan the QR code,  
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# Need more Information?

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

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## Our Cancellation Policy

- To cancel with no charge, we will require 10 working days notice
- There will be a 50% charge for more than 5, but less 10 working days notice
- 100% charge will be applied for cancellations with less than 5 working days notice

## Contact us

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