

returning to work.

start
within



are you ready?

back to work anxiety workshops.

Returning to work after a long period of absence can be a daunting and worrying experience. Combine that with a global pandemic, and feelings of anxiety could be quite common in the workplace.

Start Within are running bespoke anxiety workshops for employers, addressing the anxiety concerns of our teams and learning how to tackle the journey ahead together.

Whether you want to run a session for your whole team, a group of managers, wellbeing champions, or even host an open employee session, our workshops 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.

WHAT DOES IT COST?

Costs will be calculated per session. A standard 60 minute webinar with Q&A prices from £100.

We would love to be more generous right now, but we hope that you can appreciate that it is a difficult time for all. Instead, we are happy to offer 3 free sessions to those businesses committing to [Mental Health First Aid Training](#) once things are a little less uncertain.

RETURNING TO WORK ANXIETY WORKSHOP

Our Head of Training will deliver bespoke workshops to your organisation. These sessions will address the mental health impact of the Covid-19 pandemic and provide insight across a range of wellbeing considerations.

We are passionate about the needs of your employees and equipping people with the tools to maintain a happy and healthy workplace. Each workshop aims to promote open discussion around mental health and encourage attendees to engage and learn about self-care.

Whilst we cannot provide a solution to anxiety around Covid-19 in the workplace, we can apply anxiety and stress management models to our everyday lives, empowering us to tackle our worries with a fresh perspective and ease concerns.

We also provide a window into the wider topic of wellbeing at work, which provides a solid foundation for further training within your business, such as dedicated Mental Health First Aid courses.

A typical agenda

- Introductions and Ice Breaker
- Mental health in the context of Covid-19
- Understanding stress and anxiety
- Applying anxiety and stress management models
- Specific resources and how to signpost
- Summary and questions



Get in touch

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