

elevate

STAY CONNECTED.

A brand new webinar series designed to support you and your staff through the current climate

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STAY CONNECTED SERIES

WEBINAR	FACILITATOR
<p>1. HOW TO CREATE HEALTHY HABITS AND STAY MOTIVATED AT HOME This webinar covers how to overcome habit myths, the science behind making your health, productivity and life goals last, how to create a healthy supportive routine that allows you to be productive and stay well and how to engineer any environment to support you. By the end of this webinar you will have created your own routine and healthy habit blueprint to support your health and productivity at home.</p>	<p>Dr Heather McKee </p>
<p>2. MANAGING ANXIETY IN TURBULENT TIMES Anxiety and fear can reach critical levels during times of uncertainty and panic. In this webinar, take back control of your thoughts and learn to manage those overwhelming emotions, with practical CBT tools and tips. You will learn to break down destructive thoughts, beliefs and attitudes and understand how these affect your feelings and behaviours, and learn coping skills for dealing with different problems.</p>	<p>Tim LeBon </p>
<p>3. THE ULTIMATE SLEEP ROUTINE FOR HOME WORKERS With every challenge comes an opportunity, or so they say.. If you've ditched your daily commute, now's your chance to take control of your sleep-wake routine. Find out how your body clock influences fatigue and mental performance, and the home-working hurdles to avoid, to preserve a restful night's sleep.</p>	<p>Dr Sophie Bostock </p>
<p>4. IMMUNITY - THE FACTS AND MYTHS Echinacea, salt water gargling, colloidal silver..you've probably heard these and even more wacky 'cures' for viruses over the past few weeks. In this webinar, our nutritionist Ruth Tongue will dispel the myths around boosting immunity and what does and doesn't help to bolster your immune system.</p>	<p>Ruth Tongue </p>
<p>5. LEARNED OPTIMISM Our ability to adapt to stressful situations and uncertainty is influenced by many factors including our mental agility, ability to be flexible and our optimistic outlook. It's no coincidence that optimists live on average 15 years longer than pessimists. Based on the latest research based positive psychology interventions, this webinar explore in depth the ways we can build optimism into our day to day lives. It covers cultivating a growth mindset, monitoring our thoughts and challenging our explanatory style.</p>	<p>Lucy Faulks-Barnard </p>
<p>6. STAYING FINANCIALLY WELL AMIDST THE UNCERTAINTY Given these incredibly uncertain times, our personal finances could be an additional source of concern, worry and anxiety. From the companies we work for being bearing the current economic brunt to our rents, mortgages, savings, pensions and investments all potentially being affected. This practical 35-minute webinar followed by 10 minutes of Q&A will focus on making you feel more calm, confident and in control with your finances.</p>	<p>Johann Bornman </p>
<p>7. MINDFULNESS - THE SECRET TO STAYING CALM In this webinar learn how mindfulness and breath work can positively affect our stress and anxiety levels and help us keep calm. It includes a 15 minute mindfulness meditation and breathing plus a practice to reaffirm our sense of purpose and create strategies to develop clear work/life balance boundaries.</p>	<p>Dave Lefebvre Sell </p>
<p>8. FIND YOUR BALANCE - THE OPTIMUM EXERCISE ROUTINE FOR PHYSICAL AND MENTAL HEALTH Join exercise physiologist, psychologist and health coach Dr Bernadette Dancy to find out what really happens to the body and mind when we exercise. We'll discuss how to fit exercise into our new routines without it becoming an extra life stress, and without putting our bodies under more pressure when they are already at capacity. You'll leave with the motivation keep moving in a way to suit you and your individual needs.</p>	<p>Dr Bernie Dancy </p>
<p>9. PRACTICAL WAYS TO BOOST RESILIENCE During this webinar we will look at a host of practical tools and real-time skills for boosting resilience. We'll identify signs and triggers of stress, learn how to build awareness around and challenge spiralling negative thinking traps, identify our personal strengths and key insights which can be leaned into during turbulent times. Plus how to cultivate a growth mindset and other day to day practical tools.</p>	<p>Lucy Faulks-Barnard </p>
<p>10. CREATIVITY FOR MENTAL WELLBEING, PRODUCTIVITY AND PURPOSE What is creativity and why is it good for us? Join our expert Curator and Artist, Najia Bagi for this webinar to discover and explore why in difficult times, leaning in to our creativity is essential for wellbeing, focus and productivity. Learn more about the 'flow state' and how this can increase motivation, satisfaction and output, as well as helping us to be mindful and reduce stress. In this session you'll be able to try some fun, practical ways to unlock your creative mind.</p>	<p>Najia Bagi </p>
<p>11. EATING WELL WHEN WORKING FROM HOME With Covid-19 taking over, many of us are having to work from home. Whilst this can feel novel and exciting for some, it can also come with that dreaded fear... the FRIDGE! Thoughts like "How will I be able to control my eating?" "I'm home alone and nobody is watching – that's a recipe for me to just eat all day!" "If I'm not as active, I might gain weight.". In this webinar, our Dietician Katherine Kimber will help you separate fact from fiction, offer strategies to stay in control of your eating habits and advice on how to eat well when food availability feels scarce.</p>	<p>Katherine Kimber </p>

How it works

All webinars are run as live interactive 45 minute sessions plus time for Q&A with the expert. As the webinars will be run just for your company the facilitator will be aware of the industry your employees are working in and hence can relate and reference this and the current situation facing them.

Webinars can be run at a time and date most suitable for your employees.

Due to the interactive element, these webinars are a great way for your employees to stay connected with each other during this often isolating time. We are also happy to extend the webinar to any other household members who should wish to join and may benefit.

Investment

Price available on request - hello@elevateyourhealth.co.uk