

elevate

Autumn Brochure 2020

**No Fads,
No Jargon,
No Judgement.**



“Over the last six months like many others we’ve experienced highs, lows, struggles and challenges from both a personal and a business perspective. One overwhelming positive to come out of an unforgettable 2020 so far, is that wellbeing has been catapulted to the top of many companies’ priority lists. Mental health is finally being seen as just as important as physical health, and we’re understanding the holistic factors that contribute to an individual’s productivity and happiness – virtually impossible to ignore during lockdown!

Being an agile and dynamic company, at Elevate we were quick to adapt our offerings and move everything online – and as a result we have expanded our global clientele. We are now proud to be supporting businesses and employees from around the globe including the Channel Islands, Luxembourg and Panama, adapting our content to ensure it is both culturally and company relevant. We have also harnessed the knowledge of our fabulous network of experts and created two sets of webinars specifically to address the challenges that everyone has been facing, and to support clients and their employees in the face of future uncertainty.

This brochure highlights some of the key findings from our survey of HR professionals and business leaders about the areas and types of support that people are in need of right now. No-one can predict what the rest of 2020 will bring, but we do know that **compassion, flexibility** and **togetherness** are essential to keep ourselves and our companies thriving and we make a pledge to continue to support companies and their employees in the face of future uncertainty – with no fads, no jargon and no judgement.”

Co-Founders, Lucy and Ruth



MENTAL WELLBEING - how we can support you.



- **MENTAL HEALTH FIRST AID ONLINE TRAINING**
Accredited by Mental Health First Aid England, we are now offering MH First Aid training online. This training includes four 2-hour sessions run over two weeks and attendees leave with an official MHFA England qualification. We can provide a trainer specifically for your company, or employees can attend our open training sessions starting this September.
- **INTERACTIVE ONLINE WORKSHOPS (webinars)**
Boundaries - How to Create, Set and Stick to them
Dealing with Uncertainty
Let's Talk About Anxiety
Boost Resilience and Protect Mental Wellbeing
Find your Balance - the Optimum Exercise Routine
Learned Optimism
Mindfulness - the Secret to Fighting Stress
Mental Health Support and Signposting
Coping with Grief
- **SUICIDE PREVENTION ONLINE TRAINING**
10th September marks World Suicide Prevention Day. We've teamed up with Rose Allett (Start the Conversation) and Olly's Future charity to offer this 90min training

- **MENTAL HEALTH KEYNOTE SPEAKERS**
Clarke Carlisle - ex-England footballer and his wife Carrie share their story
Evan Grant of the Cameron Grant Memorial Trust shares his story of the loss of his son Cameron
Claire Eastham - one of the UK's forerunning mental health bloggers and best-selling author shares her story 'We're all Mad Here'
- **ONE-TO-ONE HEALTH COACHING WITH ANY OF OUR EXPERTS**
- **YOGA, MEDITATION AND TAI CHI CLASSES**
All of our classes are now offered online or outdoors (weather permitting)

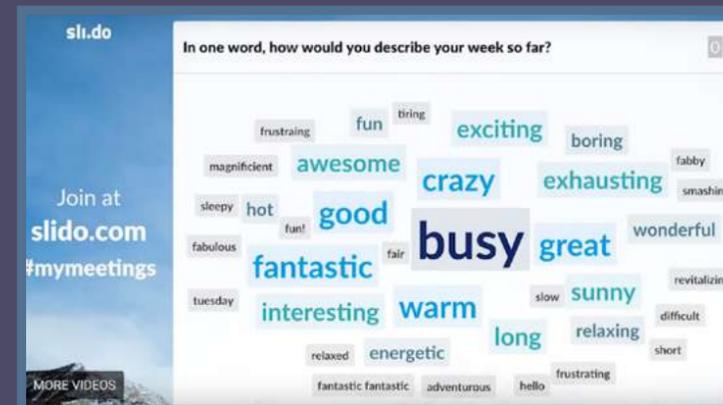
“**100% OF CLIENTS SURVEYED BELIEVE THEIR EMPLOYEES ARE STRUGGLING WITH THEIR MENTAL WELLBEING.**”

Don't forget **10th October is World Mental Health Day.** We're offering **25% off** all activity booked before **18th September!**

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INTERACTIVE WORKSHOPS - anytime, anywhere and with global experts.

“**100% OF CLIENTS SURVEYED ARE INTERESTED IN ACCESSING ONLINE INTERACTIVE WORKSHOPS AND 80% WOULD LIKE PRE-RECORDED CONTENT**”



In our live interactive workshops we replicate face-to-face training as much as possible - this includes using breakout rooms, Slido to gauge realtime feedback and live Q&As with our experts.

Both of our webinar series **Stay Connected** and **Thriving Through Transition** are now also available as pre-recorded video content.

EMOTIONAL LITERACY WORKSHOPS

- The Art of Good Relationships and Effective Communication
- Boost your EQ
- Managing Anxiety in Turbulent Times
- Maximise your Potential - Discover Values, Meaning and Fulfilment
- Living with Uncertainty

SOCIAL WORKSHOPS

- Diversity and Inclusion in the Workplace
- Let's Talk about Anxiety in Children (parenting webinar)
- How to Support Elderly Relatives
- Weight Loss Myths
- Lifestyle Factors for Reducing the Risk of High Blood Pressure and Heart Disease
- Immunity - the Facts and Myths

WFH - WORKING FROM HOME WORKSHOPS

- Change your Environment, Change your Habits
- Perfect your Posture at Home
- The Ultimate Sleep Routine for Home Workers
- Using Creativity to Maximise Productivity
- Staying Motivated in Difficult Times
- Eating Well When Working from Home
- Alcohol Awareness

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Your Autumn wellbeing calendar

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

Key Awareness Days

-  Mental Wellbeing
-  Physical Health
-  Emotional Literacy
-  Working from Home
-  Social

10th September

Suicide Prevention Awareness Day

Suicide Prevention Training with Rose Allett and Olly's Future 

Mental Health First Aid training open course (17th, 18th, 24th, 25th September). For bespoke dates get in touch. 

Let's Talk about Anxiety in Children - Parenting workshop with Kemi Omijeh 

Weight Loss Myths webinar with Katherine Kimber 

Change your Environment, Change your Habits webinar with Dr Heather McKee 

OUTDOOR activities (while the weather is still nice!) - Yoga, Pilates, Boxing, Bootcamp, HIIT, PT sessions 

10th October

Mental Health Awareness Day

Guest speakers sharing their mental health stories - Clark and Carrie Carlisle, Evan Grant of the Cameron Grant Memorial Trust 

MHFA training 

Managing Anxiety in Turbulent Times workshop with Tim LeBon 

Learned Optimism webinar with Lucy Faulks-Barnard 

Anxiety Reduction course with Rochelle McLaughlin 

Weekly Mindfulness Meditation classes 

Immunity - the Facts and Myths workshop with Ruth Tongue 

16th-22nd November

Alcohol Awareness Week

Alcohol Awareness webinar with The Alcohol Health Network 

Guest speaker such as Claire Eastham, Jack Green and Dr Sophie Bostock 

Diversity and inclusion in the Workplace workshop with Chris Paoros 

Yoga for Reducing Stress and Anxiety  

Perfect your Posture at Home webinar with Ellie Burt  

Financial wellbeing workshop with Sagely

Staying Motivated in Difficult Times with the Kindness Method - Shahroo Izadi workshop 

Christmas Party alternatives; - Online team cookery sessions such as 'Plant Based Fakes' or Chair Pilates, Creativity for Productivity workshop with Najia Bagi 

Online sound Bath  

YOU SPOKE...

WE LISTENED...

BUDGET, REPUTATION AND CREDIBILITY

“**80% OF CLIENTS SURVEYED SAID BUDGET MOST AFFECTS THE DECISION TO BOOK A WELLBEING ACTIVITY.**”

We're offering 25% off all World Mental Health Day bookings* (*when booked before 18th September)

We're offering cost effective solutions such as prerecorded webinars for companies on smaller budgets

Discounted packages available for multiple bookings

“**40% OF CLIENTS SURVEYED SAID THE REPUTATION AND CREDIBILITY OF THE PROVIDER MOST AFFECTS THEIR DECISION TO BOOK A WELLBEING ACTIVITY.**”

All of our sessions are delivered by specialists who are highly qualified in their fields. We never use generic presenters.

“Elevate have been fantastic to work with over the last 2 years. They have such a wide variety of topics that they are able to cover - whether provided by Elevate themselves or by one of their expert partners. We have run multiple sessions with them, both in person and virtually, and every one has been to a high standard and has received excellent feedback from our employees. I wouldn't hesitate to recommend them.”

KATIE SMITH, SENIOR HR ADVISER AT GREAT PORTLAND ESTATES

“The facilitator was a really friendly face and definitely practiced what she preached - her optimism shone through. I also thought she was really good at explaining the technical terms she provided, always giving us examples and presenting the information in an easy to understand way. Also, the speed at which she went through the presentation was good - it was easy to digest and keep up with the information she provided. I found it really useful to learn more about positive psychology and learned optimism, and some of the technical terms associated with this. I like how Lucy gave us tips, time to practice them and also made us think about the way we might normally think and behave. I've definitely learned a lot and will of my best to use this starting from today!”

GRACE REESE-WILLIAMS, ACCOUNT EXECUTIVE AT KAIZO



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@ElevateLondon



@move_nourish_thrive



@elevatemywellbeing



/company/elevateyourhealth

elevateyourhealth.co.uk

LET US ELEVATE THE WELLBEING OF YOUR
EMPLOYEES. WE'D LOVE TO HEAR FROM YOU.



hello@elevateyourhealth.co.uk

