

**Workplace
Wellbeing
Champion!**

September 2025

What will we cover?

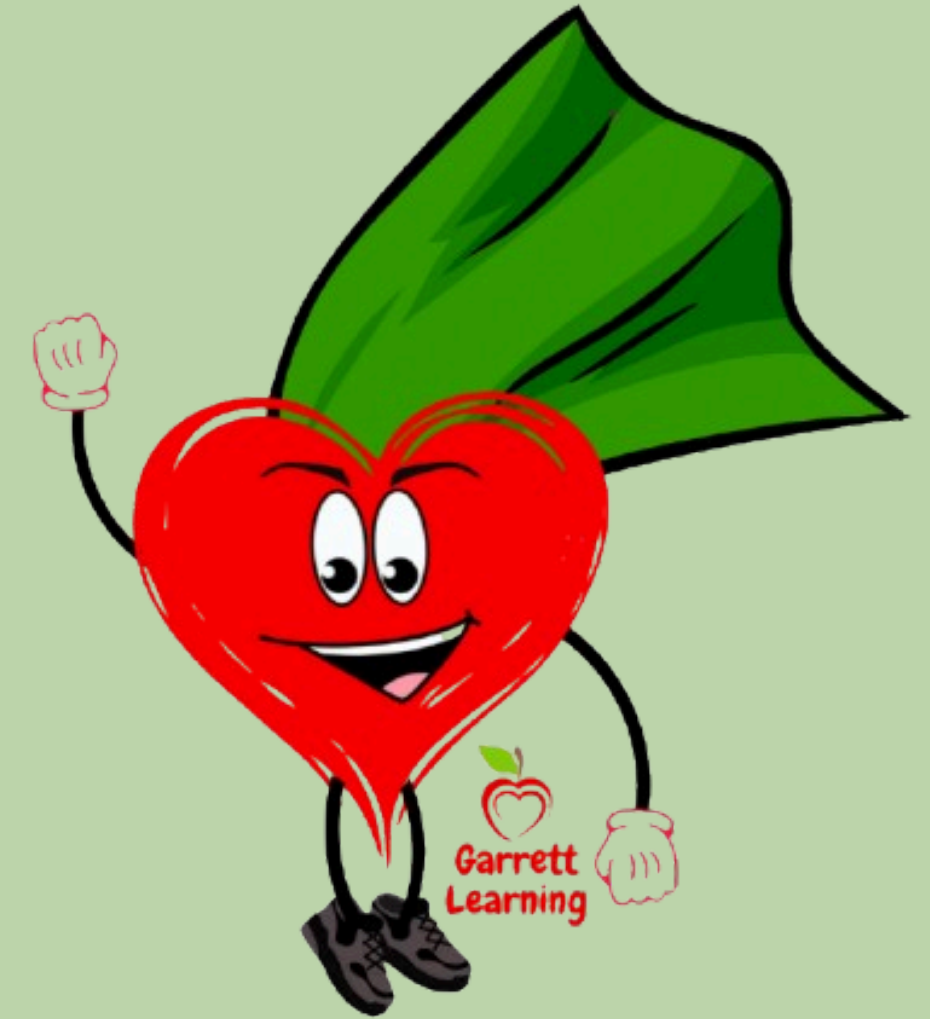
13:00 - Welcome & introductions

13:10 - What's coming up

13:20 - Guest Speaker plus

13:40 - Questions and answers

13:50 - Close





Thank you for being here.

Upcoming International mental health/wellbeing dates for your diary:

October:

Month Focus: Stoptober / Breast Cancer Awareness month

1-7th: National Vegetarian Week

2nd World Financial Planning day

4th: World Animal day

5th: World Teachers Day

6-10th: International Happiness at Work Week

10th: World Mental Health Day

13-19th: OCD Awareness Week

18th: World Menopause Day

31st: Start of Diwali

31st: Halloween

November:

Month focus: Men's Mental Health Awareness Month & Movember

3 - 7th: International Stress Awareness Week

5th: National Stress Awareness Day

5th: Bonfire night

10-14th: Anti-Bullying Week

11th Armistice Day/ Remembrance

Sunday

Dates for your diary

Second Monday* of the month, 13:00-13:50 GMT



Date:	Theme / guest speaker:
Oct 6th	Shirley Lane - Balancing Butterflies, Menopause
Nov 10th	Champion Supporter Chat
Dec 8th	Helen Cochran - Looking after your body and a guided meditation
Jan 12th	Sarah Snape - Confidently setting you up for the year
Feb 9th	Anita Arscott-Brooks - The Art of Bouncing Back
March 9th	Champion Supporter Chat
April 13th	Claire Elston - Neurodiversity in the workplace

Exclusive discounts on training:

MHFA England Adult Mental Health First Aid:



& bespoke training/train the trainer / Power hour

Share your learning needs and requirements with me:

wendy@garrettlearning.co.uk





Employee Wellbeing



Agenda

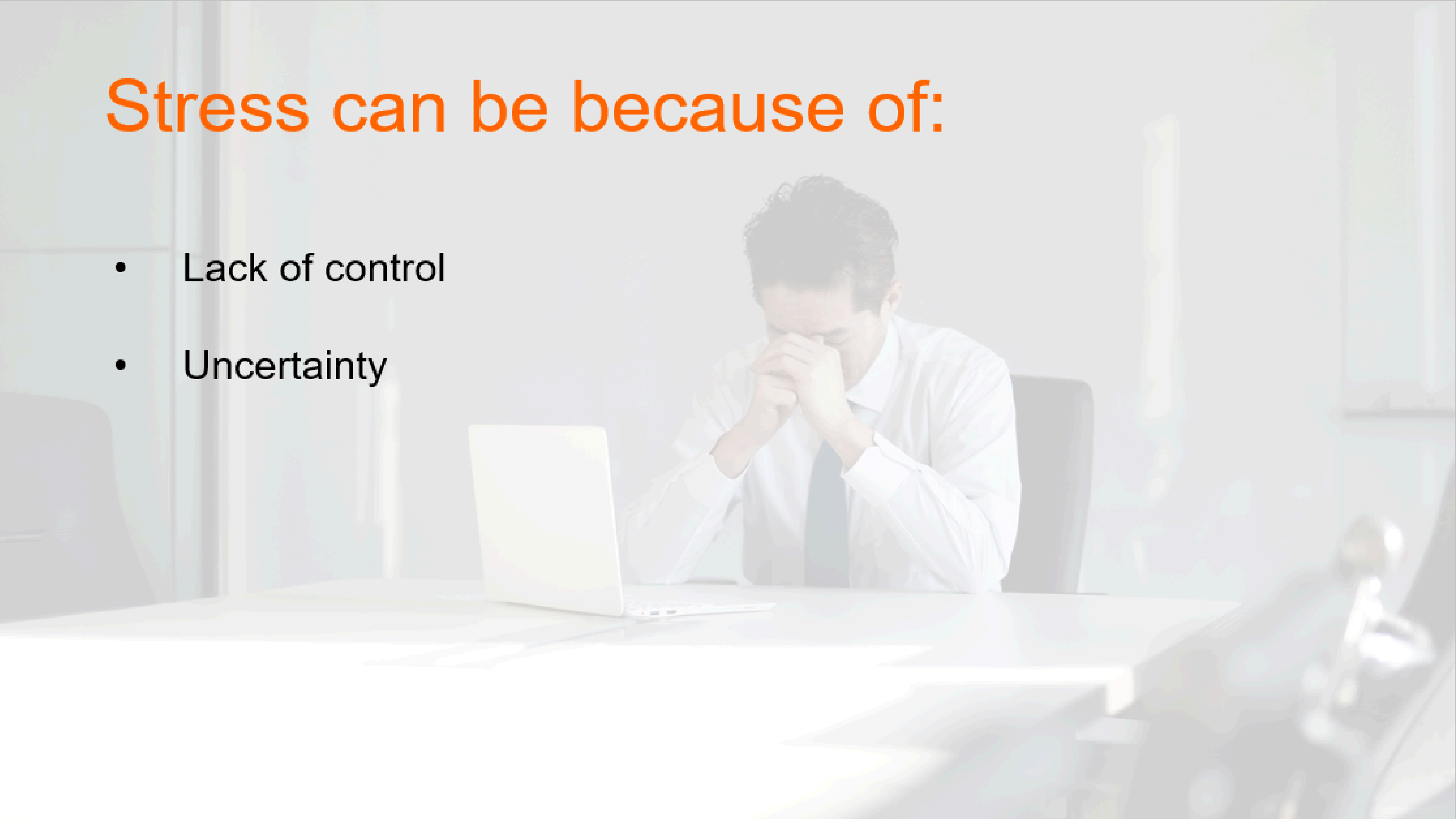
- Stress and our wellbeing
- What is Mental Health?
- Mental Health: Protective and Risk factors
- Signs of poor mental health
- '5-Step Communication Model'
- Wellbeing strategies and building resilience



What is Stress?

Stress can be because of:

- Lack of control
- Uncertainty

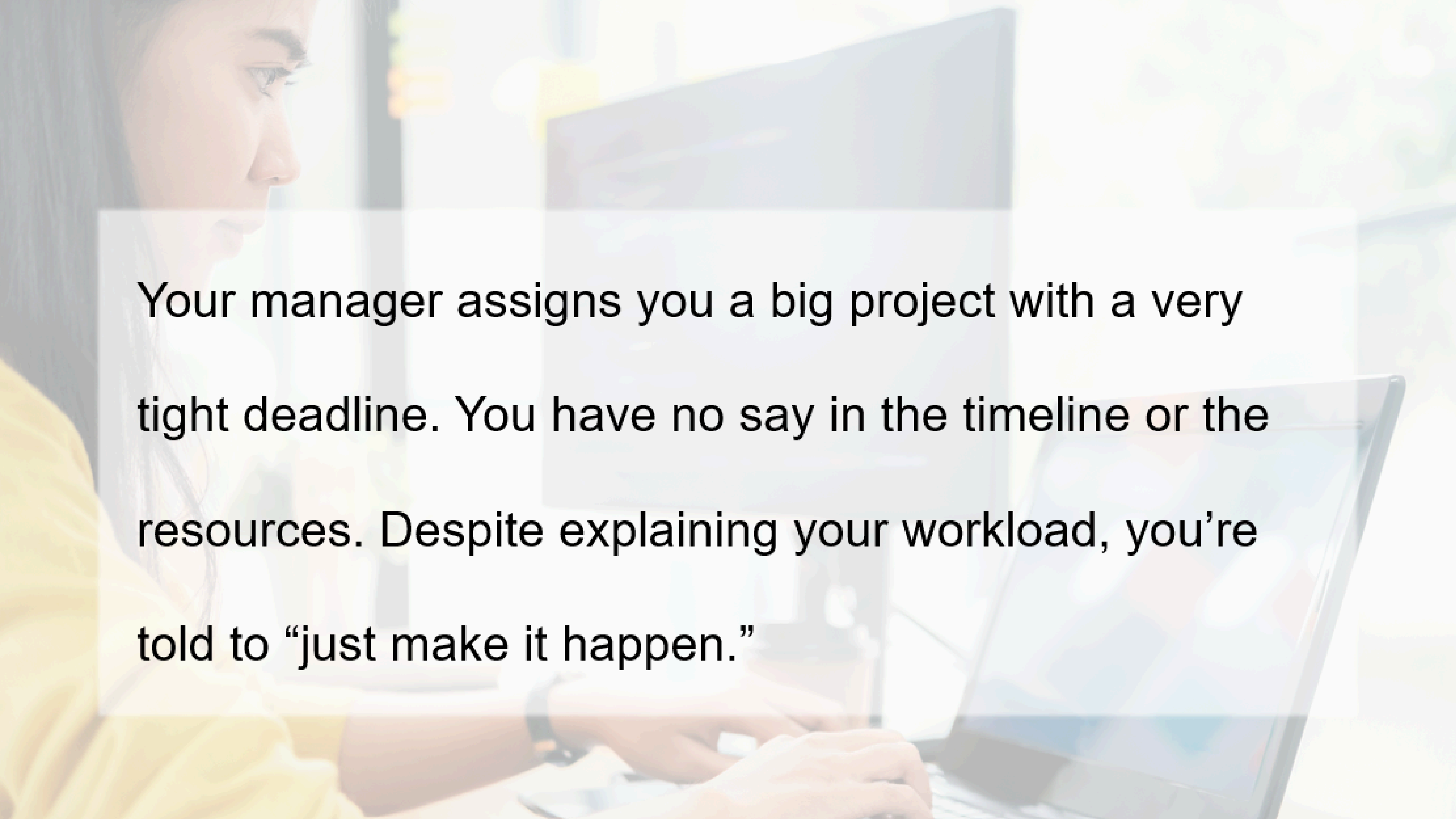


Consider the following scenarios, is it:

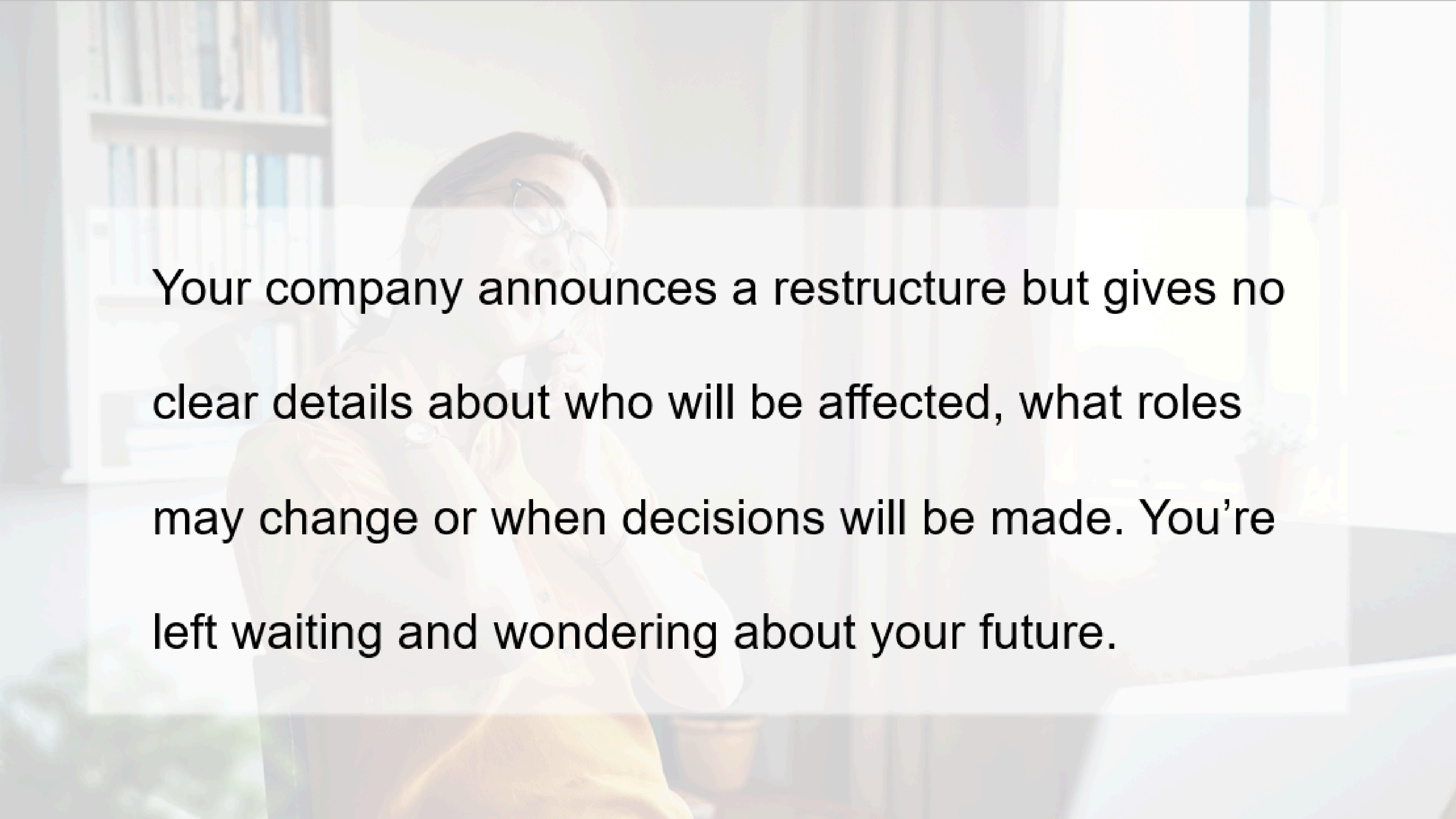
Lack of control

or

uncertainty?

A woman with long dark hair, wearing a yellow shirt, is seen in profile from the left, looking at a laptop. She is sitting at a desk in a bright, modern office. In the background, there are several computer monitors on stands, some displaying charts or data. The overall atmosphere is professional and busy.

Your manager assigns you a big project with a very tight deadline. You have no say in the timeline or the resources. Despite explaining your workload, you're told to “just make it happen.”

A woman with dark hair and glasses, wearing a yellow blazer, is sitting at a desk in an office. She has her hand on her chin, looking thoughtful. In front of her is a laptop. The background shows a bookshelf and a window with curtains. The text is overlaid on a semi-transparent white box.

Your company announces a restructure but gives no clear details about who will be affected, what roles may change or when decisions will be made. You're left waiting and wondering about your future.

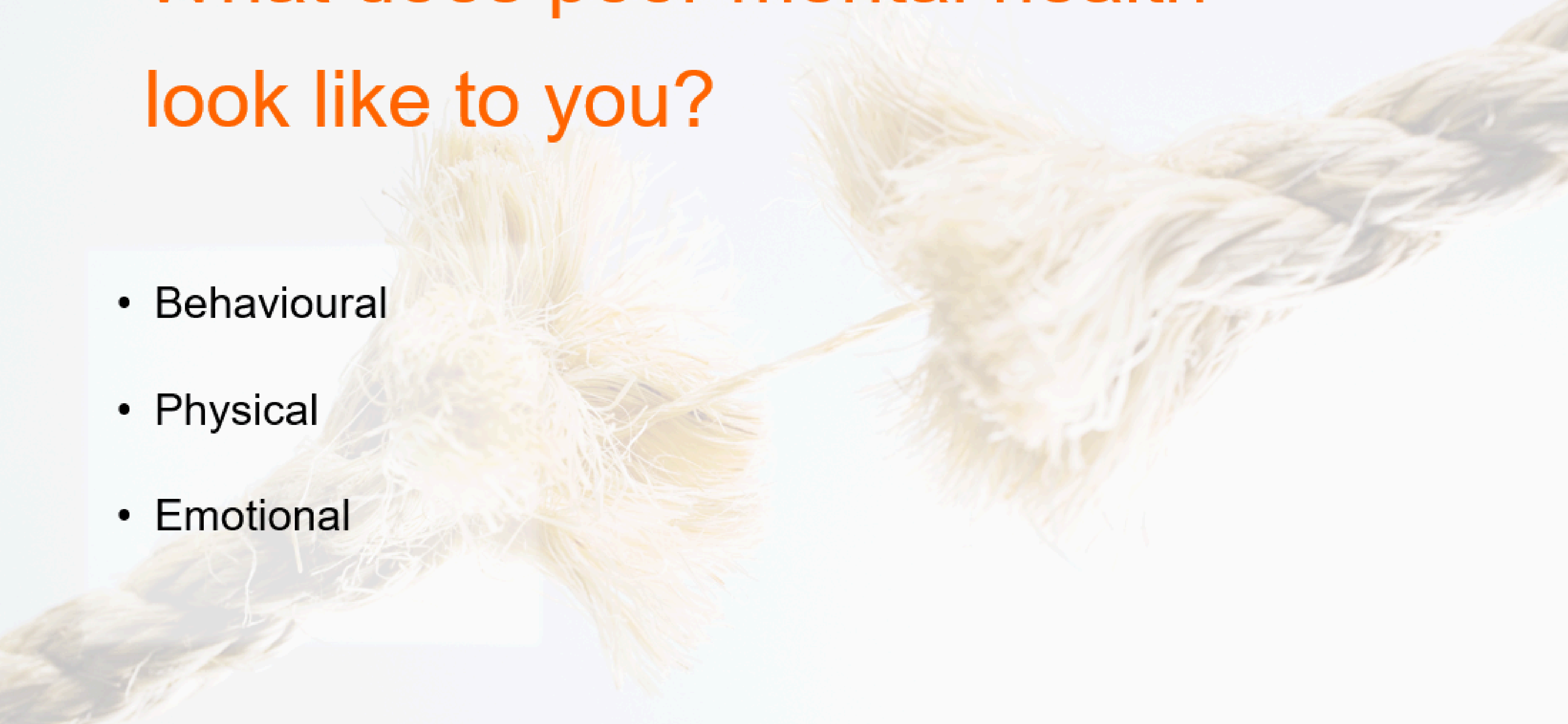
Stress and our wellbeing

The six HSE areas that can lead to work-related stress if they are not managed properly. These are:

- Demands
- Control
- Support
- Relationships
- Role
- Change

What does poor mental health look like to you?

- Behavioural
- Physical
- Emotional



Behavioural signs: withdrawal, irritability, poor performance

Physical signs: tiredness, frequent illness, appearance changes


Emotional signs: low mood, loss of confidence, anxiety

Work-related signs: absenteeism, errors, disengagement

Noticing changes and patterns over time is key

'5-Step Communication Model'

- Notice changes in behaviour
- Ask open, non-judgmental questions
- Listen actively, with empathy
- Encourage professional or peer support
- Follow-up and check-in

A 3D maze graphic with a central spiral path leading to a small opening. The maze is composed of white, raised walls on a light-colored surface, creating a complex, winding path that eventually leads to a small, circular opening at the center. The perspective is from an elevated angle, looking down into the maze.

**Strategies to maintain your own
mental wellbeing and resilience:**

What do you do?

Other strategies:

- **Self-care basics:** sleep, nutrition, exercise, boundaries
- **Psychological tools:** mindfulness, journaling, reframing
- **Work-based strategies:** time management, realistic goal-setting, peer support
- **Resilience mindset:** adapting, not avoiding challenges

Session summary:



- Factors
- Spotting signs
- Communication
- Selfcare and wellbeing

Please share your:

- One insight you're taking away
- One action you'll try this week

We want to hear
your feedback:



Q&A

Thank you for being here.