

# WORKPLACE WELLBEING

**ONLINE, PRE-RECORDED and IN PERSON  
TRAINING**



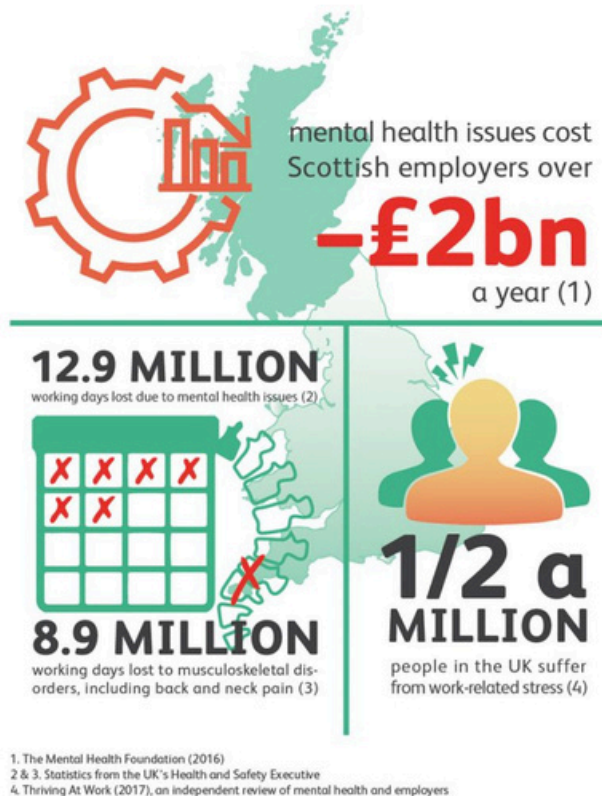
## **Supporting your Teams to Thrive**

Every year 1 in 4 of us in Scotland will experience a mental health problem. That's a quarter of your workforce and a quarter of your customers - SAMH

# WHY SUPPORT STAFF WELLBEING

Supporting staff wellbeing is now recognised as an essential part of any business activity. Poor mental health costs UK employers £33-42 billion a year. Research shows there were no downsides to employers' investing in support for their people. For every £1 spent, employers get £5 back (Ref: Deloitte).

## CAN YOU AFFORD NOT TO ADDRESS WORKPLACE STRESS?



## Building a Culture of Wellbeing

We know that compassionate leadership, good role modelling and active encouragement of staff wellbeing creates happier staff, effective teams and more productive organisations.

By changing the culture of the workplace and actively encouraging stress reduction techniques to become a part of the working day, productivity and work satisfaction increases.

## Research

Many employers recognise that they have an obligation to the health and wellbeing of their workforce. Investing in the health of employees can also bring business benefits such as reduced sickness absence, increased loyalty and better staff retention (Ref [Physical Activity in the Workplace NICE](#))

Employers that support employees with their life experience see a 23% increase in the number of employees reporting better mental health and a 17% increase in the number of employees reporting better physical health. There is also a real benefit to employers, who see a 21% increase in the number of high performers compared to organisations that don't provide the same degree of support to their employees. (Ref [The Gartner 2020 ReimagineHR Employee Survey](#))

# OUR APPROACH

We offer a range of in-person and live-streamed classes and workshops all of which incorporate mind-body practices to support good mental health. These can be compact and flexible enough to fit into a working day or can be incorporated into staff away days or CPD training. We can also offer bespoke programmes that can be created to meet the specific needs of your organisation.

Our approach, while based on yoga and mindfulness practices is underpinned by a thorough understanding of the physiology and neuroscience of the stress response. We recognise that we all currently live in stressful world and aim to help you and your employees to understand the impact of stress on individuals and teams, and to create space for safe and supported discussion. We offer practical strategies and tools and help you to create cultures that promote and encourage wellbeing.



## INTEGRATING WELLBEING INTO YOUR COMPANY STRUCTURE IS A NECESSITY NOT A LUXURY



# ONE OFF OR WEEKLY CLASSES

## Yoga Classes

**Duration: 1 Hour | Cost £150**

Mat or chair-based class suitable for any level of experience.

Including: Yoga poses, breathing and meditation techniques and relaxation allowing your team to de-stress and re-energise.

We can offer a variety of classes to suit all levels and abilities. Some of our most popular options are listed below:

- Gentle Yoga and Relaxation to Rest and Restore
- Lunchtime Yoga to Energise and Focus
- Desk yoga - Neck and Shoulder Release
- Wind Down at the End of the Day
- Quick de-stress

Shorter sessions can be provided on request.

## Mindfulness Classes

**Duration: 1 Hour | Cost £150**

Suitable for any level of experience.

Including: A short introduction on the scientifically proven benefits of mindfulness, plus an introduction to the basic mindfulness practices and skills essential to support wellbeing.

We can offer a variety of options to suit all levels and abilities. Some of our most popular options are listed below:

- Mindful Walk (requires some green outdoor space)
- Cultivating Present Moment Awareness
- I Am Not My Thoughts - Mindfulness for Anxiety
- An Introduction to Mindfulness Meditation

Shorter sessions can be provided on request.

# ONE OFF WORKSHOPS

The following workshops can be adapted to run for either 1 or 2 hours. Please note the extended version allows more time for breath, meditation and movement practices, as well as group interaction and discussion. Pricing:

- £250 up to an hour
- £500 up to two hours

## Thriving Not Surviving

### Understanding the effects of stress and how to mitigate them

Aimed towards mitigating the effects of stress on students, teams and employees

Learning Objectives:

- Understand the neuroscience and physiology of the stress response
- Recognise the effects of chronic stress on lifestyle choices, health and wellbeing
- Discuss how we all contribute to the culture of wellbeing within our organisation without blaming ourselves for feeling stressed
- Experience how practical breathing, relaxation, movement and mindfulness tools can support and promote relaxation and improve focus and mood
- Take part in a seated yoga practice to reduce tension, stretch tired muscles and support relaxation
- Develop practical strategies to stay calm, present and regulated and create a realistic and sustainable plan to commit to

## Caring for Self as Leaders

### Creating a culture of wellbeing at work

Written for managers and leaders to support a culture of wellbeing at work.

Learning objectives:

- Understand the neuroscience and physiology of the stress response
- Recognise the effects of chronic stress and how they affect moral and productivity
- Demonstrate an understanding of why workplace culture is important for wellbeing
- Experience how practical breathing, relaxation, movement and mindfulness tools can support and promote relaxation and improve efficiency and productivity
- Consider how role modelling can support compassionate leadership, and encourage wellbeing at every level of the organisation
- Commit to an action plan to encourage and support a culture of wellbeing in your team/organisation

# LONGER PROGRAMMES

## Self-Care at Work Program

**Duration: 12 Hours | Cost £1,500**

A 6-month program of wellbeing at work which consists of a 2- hour session each month. Each session incorporates the introduction of a new topic with time for group discussion, a chair or mat-based yoga practice and relaxation. The course also includes home practice exercises and a comprehensive manual. Weekly breakdown:

- 1.What is stress and how does it affect us?
- 2.Cultivating habits of self-care and self-compassion
- 3.Eat well, sleep well move well and digital detox
- 4.Understanding how culture and role modelling impacts wellbeing.
- 5.Compassionate leadership and communication
- 6.Taking it forward together

## Staying Well at Work

**(Pre Recorded Session\* with Live Discussion or In Person)**

**Duration: 2 Hours | Cost £500**

Content (\*links are available for 1 month):

- Pre recorded lecture on neuroscience of stress and how it affects our body and mind
- Pre recorded lecture on how we can create cultures that promote and support wellbeing without holding individuals responsible for being 'less stressed'
- Pre recorded breathing practice and seated yoga practice
- Pre recorded one hour mat based yoga class
- Reflective exercises for you to complete in your own time
- Optional Live interactive 1 hour discussion to follow up, share and action plan
- Printable reflective journaling exercise

Learning Objectives:

- Demonstrate understanding of why workplace culture is important for wellbeing
- Describe the neuroscience of the stress response and the effect on brain and body
- Experience how practical breathing tools can support and promote relaxation and improve efficiency and productivity in teams
- Consider how role modelling can support compassionate leadership, and encourage wellbeing at every level of the organisation
- Commit to an action plan to encourage and support a culture of wellbeing in your team/organisation

# BESPOKE SERVICES

## Private Consultation

We will collaborate with you to develop a bespoke workplace wellbeing program that is designed to take into account and work with, the specific pressures with your workplace. This could include content development, workshop ideas, roll out suggestions, training the trainer sessions and any other support you may need to create a response to workplace stress that meets the demands of your workplace in a person centred and compassionate way.

## OUR TEAM



### Lorraine Close, Director

Lorraine is a nurse and trauma informed yoga teacher and yoga teacher trainer. She is an experienced facilitator of workshops on stress management and wellbeing in the workplace. She also has an MSc in nursing research, focusing on junior doctor mental health. She is a TCTSY facilitator in trauma sensitive yoga and an experienced educator in nursing and medical education.



### Laura Wilson, Founding Director

Laura is an experienced trauma informed yoga teacher, teacher trainer and yoga therapist specialising in yoga for mental health. Laura's work focuses on stress management, nervous system regulation and emotional resilience. She has many years of experience presenting and promoting the importance of self care and stress management in the workplace.

**Supporting Laura, Lorraine and John are a team of experienced and skilled yoga teachers all of whom are all fully insured and professionally trained.**



## CONTACT US

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# DONATIONS & SPONSORSHIP

## Get Involved with Edinburgh Community Yoga

We are always extremely grateful to receive corporate donations or sponsorship, all of which go towards helping us to continue to provide yoga and meditation classes to underserved, minorities and marginalised communities free at the point of service.



We have made it our mission to offer yoga to as many people across Edinburgh as possible. We take yoga to the places it is needed most, developing affordable community yoga classes in low-income areas and working with local support organisations.

Our belief is that through the practice of yoga, breathing mindfully and learning to pay attention to the body, individuals can learn skills of self-compassion, acceptance and regulation of the nervous system contributing to their own sense of wellbeing and health and building stronger, more positive communities in the process.

## Choose to Donate on your Invoice

- £10 Pays for a yoga class for a student on our outreach program
- £30 Pays a yoga teacher for an outreach class
- £50 Pays for room hire and a yoga teacher for an outreach class
- £100 Pays for 10 new yoga mats for an outreach class
- £250 Pays for a workplace wellbeing workshop for a local third sector organisation

## Sponsor an Outreach Program/Support the NHS

Would your company be interested in sponsoring an outreach programme? Let us know if your organisation has a specific area of interest e.g. Trauma Informed Yoga, Recovery, Teens, Mother and Baby, Older Adults, Public Outreach Projects or NHS Wellbeing.

- £1000 Pays for a 10 week outreach yoga program + yoga mats