WORKPLACE WELLBEING

ONLINE, PRE-RECORDED and IN PERSON YOGA BASED TRAINING

EMPOWERMENT THROUGH YOGA . WELLBEING FOR ALL .

EDINBURGH COMMUNITY YOGA

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

INTRODUCTION

Edinburgh Community Yoga's Online Workplace Wellbeing Programs are designed to:

- Support staff wellbeing
- Reduce stress
- Boost morale
- Improve team working during COVID-19 restrictions and beyond

We are passionate about supporting your teams to thrive.

Edinburgh Community Yoga is the most established Yoga Outreach Organisation in the Country

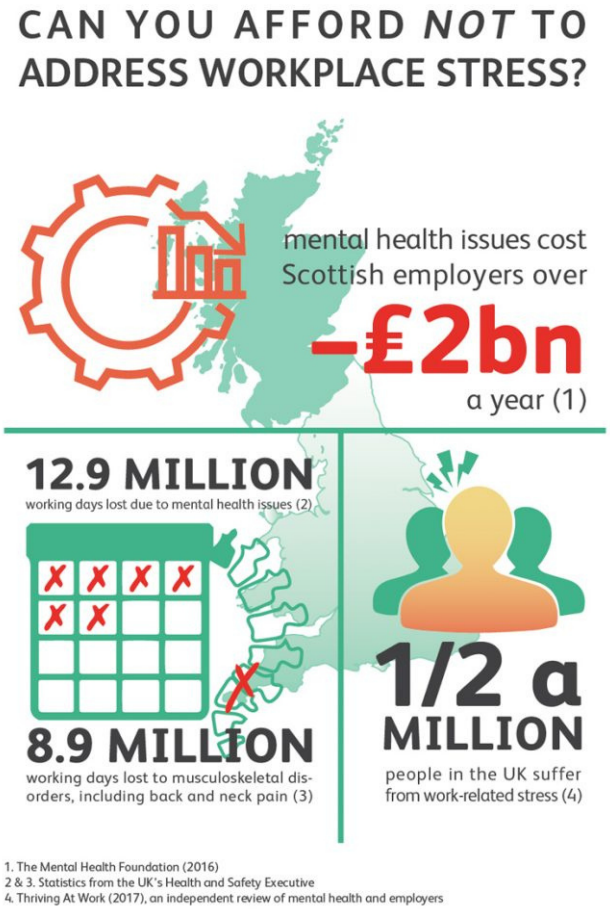
We are a Community Focused Not-for-Profit Social Enterprise and alongside our Workplace Wellbeing initiatives we also run Community Outreach Yoga Programs, which make yoga available for people effected by trauma and poor mental health. Every penny goes back into the organisation to develop our projects. Your custom helps support the development and sustainability of this work.

We run an average of 40 Outreach Community Yoga Classes each month and 30 Public Yoga Classes. Our public classes are subsidised by us and the majority of our students use our concession rate of £5 or subsidised rate £1 for each class they attend.

Our Outreach Programs run with: NHS Mental Health Settings (inpatients and outpatients), Self-Harm Service, The Hive, Forensic Psychiatry, Shakti Womens Aid, Womenzone (Comas), Saheliya, Edinburgh, Veterans, Veterans Community Café, Steps to Hope, Whiteford House, Personal Recovery Centre, Serenity Café, Alcohol Related Brain Damage, Unit-Penumbra Milestone, Lothian Edinburgh Abstinence Programme (LEAP), Triple A, Salvation Arm, Penumbra, NHS Theatre Nurses and many many more!

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)



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

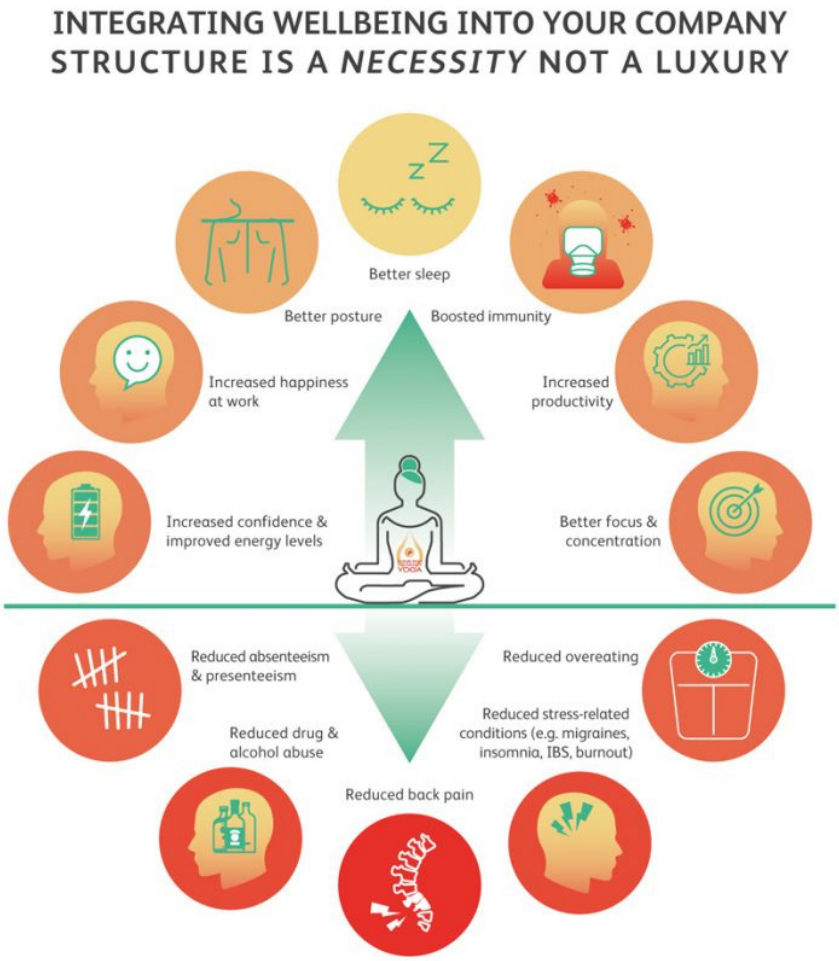
Many employers recognise that they have an obligation to the health and wellbeing of their workforce. Investing in the health of employees can also bring business benefits such as reduced sickness absence, increased loyalty and better staff retention (Ref Physical Activity in the Workplace NICE)

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.



OUR SERVICES

Caring for Self as Leaders
Duration: 2 Hours | Cost £250

Learning objectives:

- Discuss how stress affects teams and productivity
- 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

Thriving Not Surviving - Recognising the Effects of Stress
Duration: 2 Hours | Cost £250

Learning Objectives:

- Discuss how stress affects you
- Develop knowledge around what happens in our brain and body when stress overwhelms us
- Experience practical breathing exercises to reduce stress and improve focus
- Take part in a seated yoga practice to reduce tension, stretch tired muscles and support relaxation
- Consider how you might create time to recharge your batteries both in and out of work and create a plan to commit
- Develop practical strategies to stay calm, present and regulated
- Discuss how we all contribute to the culture within our organisation without blaming ourselves for feeling stressed

Yoga Classes
Duration: 1 Hour | Cost £75

- Mat or desk based class suitable for any level of experience
- Including: Yoga poses, breathing and meditation techniques allowing your team to de-stress and re-energise

Shorter sessions can be provided on request e.g. 30 or 45 minute classes

OUR SERVICES

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
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- Consider how role modelling can support compassionate leadership, and encourage wellbeing at every level of the organisation
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Bespoke Consultation

We will collaborate with you to develop a bespoke workplace wellbeing program that is designed to take into account and work around 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 and building emotional resilience. She has many years of experience presenting and promoting the importance of self care and stress management in the workplace.

Supporting Laura and Lorraine 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 & SPONSORHIP

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 program. 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.

- £600 Pays for a 10 week outreach yoga program + yoga mats
- £500 Pays for 10 weeks of yoga for the NHS