

AWARD WINNING

workplace adjustment service

Worker Wellbeing webinars

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people focused solutions



MICROLINK WORKER WELLBEING WEBINARS

Microlink can offer **Worker Wellbeing** webinars. This series of webinars will look broadly at 4 aspects of home working. The aim is to raise awareness, promote dialogue and provide various hints, tips, and help.

Also available is a module on the physical workspace as well as bolt-on/extensions of 1-1 coaching in the areas that arise more specifically through the sessions.

Sessions

- Managing Personal Wellbeing and Avoiding Burnout
- Managing Workloads & Maintaining Productivity
- Nutrition and Fitness
- Return to Work & Mental Health

For **existing clients** please contact: KAM@microlinkpc.com

For all other enquires please contact: WPA@microlinkpc.com / Tel: 023 80240398

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Session 1 **Mental Health, Working from Home & Avoiding Burnout**

A large part of the workforce is now working from home. It has been said that remote working could be one of the most important workplace innovations in history. It could deliver the largest quality of life increase across the next decade and help companies become far more effective and efficient if approached properly and with the correct support in place. Due to the ongoing impact and uncertainty caused by the COVID-19 pandemic, it is important that key principles are established around home working.

- **Mental Health Challenges** - In context
- **What Is Burnout?**
- **What is the risk?** - Data summary
- **Triggers and Signs of Mental ill Health** - PDF presentation
- **Risk Factors**
- **Well Being Weekly Check-up** - PDF presentation
- **Guiding Principles to avoid or limit risk of burnout**
- **Summary & QA**



Session 2 **Managing Workloads & Maintaining Productivity**

There are clear benefits and challenges to working from home. Some need the structure and definition provided by going into the office while some are unable to focus and concentrate when working from home. This session will provide some tips for how you might more effectively manage your time and job role responsibilities while working from home.

- **Benefits and Barriers to working from home** - in context
- **Address your stress** - PDF presentation
- **Guiding Principles for Working from Home**
- **Summary & QA**

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Session 3 Nutrition & Fitness while Working from Home

Eating well is always important. A nutritious diet supports your immune system, fuels, and nourishes your body, and benefits your mood and mental health. This is therefore, an important aspect of life and when working from home we are more susceptible to the negative impact of a poor diet and nutrition if not prepared, equipped and intentional about how we go about managing our general health and diet. This session will provide some tips for how you might more effectively manage your diet and fitness while working from home.

- **What is the problem?** - In context
- **Introduce a Principle** - Norm matching
- **Social influences on eating**
- **Guiding Principles for a managing diet and nutrition** while working from home
- **Food & Mood Focus**
- **Summary & QA**



Session 4 Return to work & Mental Health

Many of us have been working remotely for extended periods and this time hasn't been without its difficulties. For some, the prospect of returning to our place of work comes with mixed emotions. We may be pleased to return to some degree of normality or be concerned about the risk that this may present (or both). What's clear is that the mental health impact is acute – with recent reports stating that diagnosed mental health difficulties have doubled. This session will look at the nature of the problem, while giving some general guidance as how to effectively approach returning to our places of work.

- **What is the problem?** - In context
- **What is mental health?**
- **How will COVID-19 affect our mental health?**
- **How do we feel? - Daunted? Excited? Apathetic?**
- **Returning to the office** – a 2-part process – employee / employer
- **Mental Health Resources** in this toolkit
- **Summary & QA**

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PRICING

- **£420** per session with Q&A
- **£1600 Course** (4x 1hr sessions with Q&A)
- **Follow up one to one session** can be arranged, price on request

- **No. of attendees per session** - Maximum 20 people
- **Session Duration:** 45 mins with a 15 mins QA period
- **Remote sessions** conducted via Microsoft Teams or Zoom
- **NB:** 2 weeks' notice will be required to book and arrange each session



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