



# Workshop Catalogue

*In today's fast-paced working environments, **employees face increasing pressure, competing demands, and rising levels of stress.** Without the right tools, this can lead to **burnout, reduced productivity, and difficulties maintaining focus and motivation.***

## How can Resilient Mind Studios help?

- A variety of Half Day, Full Day, 2-Day, and Micro-Workshops
- In-Person and Online

## The workshops are:

- **Tailored** to the audience — with versions for managers and general staff — ensuring **relevance** and **meaningful** impact.
- Delivered in a **warm, accessible** style that encourages reflection without ever feeling clinical or overwhelming.

## The workshops include:

- Interactive teaching
- Group discussion
- Real-world workplace scenarios
- Guided CBT-informed exercises
- Awareness-building activities
- Personal reflection
- Practical tools to take away

## Workshop Formats

### Workshop 1: Resilience & Wellbeing

Best when the priority is **reducing stress, burnout, and performance impact.** Ideal for fast-paced, high-pressure environments.

### Workshop 2: Mental Health Awareness

Best when the goal is **reducing stigma, improving culture, and increasing confidence in supporting colleagues.**

### Workshop 3: Combined Awareness + Resilience

Best when organisations want a **comprehensive, efficient solution** that covers both understanding and practical tools

### Micro-Workshops

Best when organisations want **flexible, high-impact** wellbeing sessions that work within existing schedules such as lunchbreaks or team meetings



## Which is right for my organisation?

Workshop	Core Focus	What Participants Learn	Ideal For	Format
<a href="#"><u>Workplace Resilience &amp; Wellbeing Workshop</u></a>	Building resilience, managing stress, and improving emotional regulation	<ul style="list-style-type: none"> <li>- How stress and worry affect wellbeing</li> <li>- CBT-based strategies for managing pressure</li> <li>- Micro-resets to calm the nervous system</li> <li>- Challenging unhelpful thinking patterns</li> <li>- Creating a personalised wellbeing plan</li> </ul>	High-pressure roles, teams experiencing stress, organisations wanting practical resilience tools	Full day
<a href="#"><u>Mental Health Awareness Workshop</u></a>	Understanding mental health, reducing stigma, and improving workplace culture	<ul style="list-style-type: none"> <li>- What mental health is (and isn't)</li> <li>- Common mental health difficulties</li> <li>- Recognising early signs of distress</li> <li>- How to support colleagues appropriately</li> <li>- Building a psychologically safe culture</li> </ul>	Organisations wanting to improve awareness, reduce stigma, and strengthen team communication	Full day



<p><b><u>Mental Health Awareness &amp; Resilience-Building Workshop</u></b></p>	<p>A combined introduction to mental health awareness + practical resilience tools</p>	<ul style="list-style-type: none"> <li>- Brief overview of common mental health difficulties</li> <li>- Understanding lived experience</li> <li>- Reducing stigma</li> <li>- Importance of maintaining good mental health</li> <li>- Micro-resets, worry management, and brief cognitive restructuring</li> </ul>	<p>Organisations wanting a comprehensive, efficient wellbeing intervention covering both awareness and skills</p>	<p>Full day <b>or</b> 2 × half-day sessions</p>
<p><b><u>Micro-Workshops:</u></b></p>	<p>Each module has its own core focus:</p> <ol style="list-style-type: none"> <li>1. Foundations of Mental Health</li> <li>2. Understanding Stress Responses</li> <li>3. Micro-Resets for Busy Brains</li> <li>4. Managing Worry in the Moment</li> <li>5. Boundaries at Work</li> <li>6. Build Resilience; Tackle Stress</li> </ol>	<ul style="list-style-type: none"> <li>- Understand mental health as a continuum, not a diagnosis.</li> <li>- Learn the CBT framework for thinking, feeling, and behaviour patterns.</li> <li>- Recognise early signs of stress, anxiety, and burnout before they escalate.</li> <li>- Decode the fight/flight/freeze response and its workplace triggers.</li> <li>- Learn micro-resets to calm the nervous system and restore clarity.</li> <li>- Understand how worry loops form and how to interrupt them.</li> <li>- Identify small, consistent actions that strengthen coping capacity.</li> </ul>	<p>Organisations seeking flexible, high-impact wellbeing sessions that work within existing schedules</p>	<p>55 minutes each</p>



## Workshop 1:

### Full Day Workplace Resilience & Wellbeing Workshop

#### **Strengthening employee wellbeing, reducing burnout risk, and supporting sustainable high performance**

This full-day workshop provides a structured, evidence-based approach to improving staff wellbeing and resilience. Using Cognitive Behavioural Therapy (CBT) principles, participants learn practical strategies to manage stress, challenge unhelpful thinking patterns, and build healthier long-term habits — all delivered in a supportive, psychologically safe environment.

#### **Benefits for your organisation**

This workshop helps businesses to:

- Reduce stress-related absence and burnout
- Improve concentration, decision-making, and workplace performance
- Strengthen emotional resilience across teams
- Enhance communication and interpersonal effectiveness
- Support a positive, healthy workplace culture
- Demonstrate a proactive commitment to employee wellbeing and retention

The focus is on practical, transferable skills that employees can apply immediately.

#### **What participants will learn**

Through interactive teaching and guided exercises, employees will gain:

- A clear understanding of how stress and worry affect their wellbeing and performance
- Insight into how past experiences shape current responses
- Tools to identify and challenge unhelpful thinking patterns
- CBT-based strategies for managing pressure in real time
- Simple physiological “micro-reset” techniques to regulate the nervous system during the working day
- Approaches to building healthier belief systems that support long-term resilience

The workshop is designed to be accessible, engaging, and relevant across all roles and sectors but can be tailored to your specific requirements.

#### **Outcome: A personalised wellbeing strategy**

By the end of the workshop, each participant will leave with:

- A tailored mental wellbeing plan
- Practical strategies for immediate use at work and at home
- A deeper understanding of how to maintain resilience and manage stress long-term



## Workshop 2:

### Full Day Mental Health Awareness Workshop

#### **Creating an informed, confident workforce with reduced stigma and stronger workplace culture**

A thriving workplace begins with understanding. When employees feel safe to be themselves — without fear of judgement or stigma — they are more engaged, more collaborative, and better able to perform at their best. Yet many people experiencing poor mental health spend significant energy masking their symptoms, which impacts wellbeing, productivity, and team cohesion.

This full-day workshop provides a warm, supportive space for employees to explore what mental health really means, how it differs from mental illness, and why awareness matters both in and out of the workplace. Through evidence-based teaching and guided discussion, participants gain the confidence to recognise early signs of mental health difficulties in themselves and others, and learn how to respond with empathy and appropriate support.

#### **Why organisations choose this workshop**

This training helps businesses to:

- Reduce stigma and create a more open, psychologically safe culture
- Strengthen teamwork, communication, and trust across the organisation
- Improve early identification of mental health concerns
- Support managers and staff in responding appropriately to colleagues in distress
- Demonstrate a proactive commitment to wellbeing, inclusion, and staff care
- Reduce the hidden costs of masking, presenteeism, and unaddressed stress

It's designed to be both informative and empowering — helping organisations build a culture where mental health is understood, respected, and openly supported.

#### **What participants will learn**

Through interactive teaching and practical exercises, employees will learn how to:

- Understand what mental health is — and what it isn't
- Recognise the difference between mental health challenges and mental illness
- Identify common mental health difficulties across the population
- Notice early signs of stress, anxiety, and emotional distress in themselves and colleagues
- Respond appropriately when someone appears stressed, upset, or overwhelmed
- Communicate with empathy and confidence when offering support
- Contribute to a workplace culture that values openness, understanding, and psychological safety

#### **By the end of the workshop, each participant will leave with:**

- A clearer understanding of mental health and mental illness
- Greater confidence in recognising and responding to signs of distress
- Practical strategies for supporting colleagues with empathy and care
- A deeper appreciation of how to contribute to a healthier, more inclusive workplace culture



## Workshop 3:

### Full-Day Mental Health Awareness & Resilience-Building Workshop

(Also available as 2 × half-day workshops)

#### **A practical, evidence-based approach to strengthening wellbeing, reducing stigma, and equipping staff with tools to manage stress**

This combined workshop brings together the core elements of mental health awareness and resilience-building into one streamlined, impactful training day. Employees gain a clear understanding of common mental health difficulties, learn how to recognise early signs of distress, and develop practical strategies to manage stress, worry, and unhelpful thinking patterns.

Delivered in a warm, psychologically safe environment, this workshop helps organisations create a more open, supportive culture while equipping staff with evidence-based tools they can use immediately — both at work and at home.

#### **Why organisations choose this workshop**

This training supports businesses to:

- Reduce stigma and build a more open, psychologically safe workplace
- Strengthen resilience and emotional regulation across teams
- Improve early identification of mental health concerns
- Reduce stress-related absence, presenteeism, and burnout risk
- Equip staff with practical strategies for managing pressure and worry
- Demonstrate a proactive commitment to wellbeing, inclusion, and staff care

It's ideal for organisations wanting a comprehensive wellbeing intervention that covers both awareness and practical skill-building.

#### **What participants will learn**

Through guided teaching, discussion, and practical exercises, employees will learn how to:

- Understand common mental health difficulties and how they affect people
- Develop a deeper appreciation of what it feels like to experience these challenges
- Recognise early signs of stress, anxiety, and emotional distress in themselves and others
- Understand the importance of maintaining good mental health — including the impact of burnout, reduced productivity, and emotional strain
- Use simple physiological “micro-reset” techniques to reduce stress in real time
- Apply worry-management strategies to prevent spiralling thoughts
- Practise brief cognitive restructuring techniques to challenge unhelpful thinking patterns

This workshop can be delivered as:

- **One full-day session (8 hours)**
- **Two half-day sessions (2 × 4 hours)**



**Outcome: A knowledgeable, resilient, and supportive workforce**

By the end of the workshop, each participant will leave with:

- A clearer understanding of mental health and how to recognise difficulties early
- Greater confidence in supporting colleagues with empathy and care
- Practical strategies for managing stress, worry, and unhelpful thoughts
- Tools they can use immediately to improve their wellbeing and resilience
- A stronger sense of how to contribute to a healthier, more inclusive workplace culture



## Micro-Workshops:

### 1. Foundations of Mental Health

**Purpose:** Build awareness, reduce stigma, and strengthen psychological safety across teams.

**Why it matters:** A mentally healthy culture drives retention, focus, and performance.

**Key takeaways:**

- Understand mental health as a continuum, not a diagnosis.
- Recognise early signs of stress, anxiety, and burnout before they escalate.
- Learn the CBT framework for thinking, feeling, and behaviour patterns.

**Impact:** Creates a shared language for wellbeing and proactive support.

### 2. Understanding Stress Responses

**Purpose:** Equip employees to recognise and manage their stress reactions.

**Why it matters:** Stress is inevitable — unmanaged stress is costly.

**Key takeaways:**

- Decode the fight/flight/freeze response and its workplace triggers.
- Explore how interpretation shapes reaction through the CBT stress cycle.
- Understand how chronic stress undermines focus, memory, and decision-making.

**Impact:** Builds emotional intelligence and resilience under pressure.

### 3. Micro-Resets for Busy Brains

**Purpose:** Provide quick, evidence-based tools for daily regulation and focus.

**Why it matters:** Micro-breaks improve performance and reduce burnout.

**Key takeaways:**

- Learn how short resets calm the nervous system and restore clarity.
- Distinguish between distraction and genuine regulation.
- Embed micro-resets into meetings, transitions, and deadlines.

**Impact:** Teams leave with practical tools they can use immediately.

### 4. Managing Worry in the Moment

**Purpose:** Reduce rumination and sharpen focus.

**Why it matters:** Worry drains productivity and decision-making capacity.

**Key takeaways:**

- Identify actionable vs. hypothetical worries.
- Understand how worry loops form and how to interrupt them.
- Apply CBT techniques to challenge unhelpful thinking.

**Impact:** Improves concentration, confidence, and problem-solving.



## 5. Boundaries at Work

**Purpose:** Prevent burnout and enhance communication.

**Why it matters:** Healthy boundaries sustain performance and morale.

**Key takeaways:**

- Define boundaries clearly and recognise common workplace traps.
- Learn how boundaries protect wellbeing and productivity.
- Practise assertive communication using CBT-based scripts.

**Impact:** Builds sustainable working habits and respectful collaboration.

## 6. Build Resilience; Tackle Stress

**Purpose:** Develop habits that protect wellbeing and sustain performance.

**Why it matters:** Resilience is built through behaviour, not personality.

**Key takeaways:**

- Explore the CBT resilience triangle: thoughts, behaviours, environment.
- Identify small, consistent actions that strengthen coping capacity.
- Create a personal resilience micro-plan.

**Impact:** Embeds wellbeing into daily routines and long-term culture



## PRICING:

Workshop	Duration & Format	Price From	Ideal For
<a href="#"><u>Workplace Resilience &amp; Wellbeing Workshop</u></a>	Full day (8 hours)	£950	Teams in high-pressure or client-facing roles
<a href="#"><u>Mental Health Awareness Workshop</u></a>	Full day (8 hours)	£950	Organisations aiming to reduce stigma and improve culture
<a href="#"><u>Mental Health Awareness &amp; Resilience-Building Workshop</u></a>	Full day (8 hours) or 2 × half-day sessions	£1,100	Organisations seeking introductory wellbeing solutions
<a href="#"><u>Comprehensive 2-Day Wellbeing Programme</u></a>	2 full days (or 4 × half-day sessions)	£1,750	Organisations wanting full awareness training + practical tools and strategies
<a href="#"><u>Micro-Workshop</u></a>	55 minutes	£250	Organisations seeking flexible, high-impact wellbeing sessions that work within existing schedules

### Discounts & Packages

- Multi-workshop bookings: **10 % discount** (*minimum 3 micro-workshops to qualify for the reduction*)
- Annual wellbeing partnership (3+ workshops per year): **15 % discount**
- Charities and non-profits: **Reduced rates available on request**

### What's Included

- Evidence-based, interactive training delivered by a qualified mental health professional
- Pre-workshop consultation to tailor content to your organisation's needs
- Workshop resource pack and wellbeing toolkit for all participants
- Certificate of attendance (at request)

### Outcome for Organisations

A **healthier**, more **resilient** workforce — and a clear demonstration of your **commitment to employee wellbeing, inclusion, and legal duty of care**.