



# Mental Health Matters Facilitated Workshop Series

Keep the conversation going all year round with a series of  
1-hour workshops

Aspect Group offers a wide range of engaging workshops and seminars on a range of mental health and wellbeing topics that are presented by experienced in-house psychologists and workplace mental health specialists. Equip staff and leaders with practical evidence-based skills and knowledge that is designed to start conversations, reduce stigma, increase personal resilience and capability, and build a psychologically healthy workplace culture. Topics can be delivered as standalone workshops, or choose a series of 3, 6, or 12-month packages.

## Mental Health Skills

- **Understanding Mental Health:** Awareness and practical tools on how to respond to colleagues experiencing mental health challenges
- **Better Mental Health:** Explores the science of stress and evidence-based strategies and tools for supporting self and others
- **Building Resilience:** Learn practical skills to adapt well to change, adopt a growth mindset, and proactively cope with life's challenges
- **How to say "I'm not okay":** Accepting vulnerability and having safe and supportive conversations
- **Managing Stress in Times of Uncertainty:** Practical tips and strategies on how to maintain your physical and mental wellbeing during turbulent times
- **Beating the Blah:** Brain-based tips to improve focus, concentration and motivation and shift your mindset from languishing to flourishing
- **Understanding Depression and Anxiety:** Identify causes, symptoms, effects, and steps to recovery
- **Supporting Someone with a Mental Health Issue:** Spot the signs that someone you care about is experiencing a mental health challenge and learn tips on how to support them
- **Staying Sane over the Holidays:** Tips for practicing gratitude, celebrating connection and starting the new year with a positive outlook

## Life Skills

- **Sleep Well:** Practical tools for a satisfying slumber
- **Breathe Well:** Tools to calm the mind, reduce stress, and feel more energised and focused
- **Move Well:** How to harness the power of movement to reduce stress and improve mental health
- **Think Well:** Healthy thinking habits for optimal wellbeing
- **Better Boundaries:** Practical tips for understanding your needs and setting and maintaining healthy limits
- **Practical Mindfulness:** Build calm and focus with everyday habits
- **Relationship Survival Guide:** Tame emotional triggers and apply healthy communication strategies to help you make up, not break up
- **Tapping Technique for Stress Relief:** Reduce anxiety in minutes using a simple evidence-based tapping technique
- **Habit Hacking for Positive Wellbeing:** Learn the science of habits and the art of 'habit stacking' to build rock-solid, empowering habits that last

*"Aspect Group delivered an effective, impactful training program which also combined clear objectives with outcome measures to evaluate ROI. It was brilliant."*

Head of HR,  
Global Pharmaceutical Company



# Best-practice tools and training to create psychologically healthy workplaces



Choose topics that reflect and support what's happening in your workplace

## Workplace Skills for Staff

- **Coping with Conflict:** Harnessing neuroscience for trust and safety at work
- **Building Confidence at Work:** Overcome 'imposter syndrome', recognise your strengths and reframe your thinking
- **Banishing Burnout:** Signs, symptoms and strategies to regain balance and get you back on track
- **Rocking Relationships in the Hybrid Workplace:** Understanding our biases and communication habits to increase connection and belonging at work
- **H.E.L.P Customer Care:** Recognise and effectively respond to customers or members of the public who may be experiencing mental health issues
- **Psychological First Aid:** Introductory session to equip staff with skills to defuse conflict, manage crisis situations and provide immediate support to someone in distress
- **Maintaining Mental Health in High Performance Environments:** Strategies to support employee mental health to avoid burnout and sustain performance

*"We (NDY) have partnered the Aspect Group for over a year now and our colleagues have found the sessions extremely useful and relevant to what's going on in the workplace, as well as them personally."*

*The content is a perfect blend of research/evidence-based material as well as practical experiences that allow our colleagues to really engage with the content and feel they have the necessary tools to support their wellbeing.*

Cassie Axelby, People and Culture Business Partner  
Norman Disney & Young

## Workplace Skills for Leaders

- **Building a Mentally Healthy Workplace Culture:** A leaders guide to promoting a psychologically healthy workplace culture and the key actions to take
- **Leading Resilient Teams:** Empower your people to navigate whatever comes their way and manage for growth, shared purpose, safety, collaboration, and cross-connectivity
- **Leadership Masterclass:** Enhance leadership capabilities and support your team through change and adversity
- **Fearless Feedback:** Understand how prioritising feedback and being aware of how you give and receive it can empower teams and be a kick-starter for self-development
- **Banishing Team Burnout:** Strategies to decrease the negative effects of stress and increase team health, happiness, and wellbeing
- **Prepared Leaders:** An introductory session to build the capability of leaders to recognise and effectively respond to mental health issues in the workplace
- **Change Readiness:** Understanding core skills and competencies that demonstrate a leaders' ability to lead and manage through major change
- **The Art of Adaptable Leadership:** Dealing with change; flexible thinking; practical coping strategies for leaders and their teams

