

LEARNINGWELL

WORKPLACE WELLBEING
CONSULTATION

2024



Supporting you to support your team



Who are we?

Designed to meet the needs of organisations in the private, public, and non-profit sectors, LearningWell offers subscription based and ad-hoc services to businesses who want to support their employees wellbeing and develop skills around mental & physical health while at work.

LearningWell Subscription

Packages at LearningWell operate as an annual subscription and start from as little as £1500. The LearningWell subscription includes;

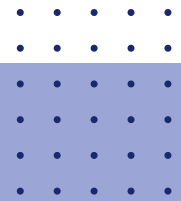
- Monthly online professional development workshops delivered by expert, engaging trainers.
- Access to a library of dual branded professional wellbeing factsheets for line managers and staff.
- A monthly newsletter for leaders providing resources and information on workplace wellbeing
- Discounted rates on additional, bespoke in-house and online training
- Access to everything in the Women in the Workplace pledge
- 1/2 day culture consultancy to develop a specific area within your workplace
- Footer and press release to promote your workplace's involvement with LearningWell & the Women in the Workplace pledge

Women in the Workplace Pledge

The Women in the Workplace pledge is included within the LearningWell Subscription. Keen to focus solely on Women's Health? The Women in the Workplace pledge can be accessed as a standalone package for £750. This includes;

- Specialist training to develop an infant loss champion and a menopause champion within your workplace
- monthly women's health newsletter
- 3 women's health workshops per annum
- footer and quality mark demonstrating your organisations commitment to the Women in the Workplace pledge

Meet the Team



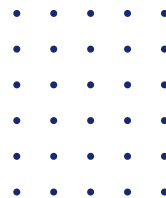
Kate Blakemore Consultant

Kate is a highly qualified counsellor and trainer, with a wealth of experience supporting workplaces in prioritising employee wellbeing and inclusivity. Kate leads on the Cheshire Menopause Strategy & Cheshire Women's Collaboration, and is also the Founder & CEO of Motherwell Cheshire CIO. With a special interest in women's health & fertility, Kate is an engaging and expert consultant. With a background in retail and project management, Kate understands the challenges faced by modern businesses.



Carys Jones Consultant

With a track record of delivering engaging, innovative training across the public and private sector, Carys is now leveraging her expertise to revitalise workplace wellbeing training. As a highly qualified counsellor, she utilises her therapeutic knowledge to provide employees with a wealth of actionable knowledge & strategies. Carys enjoys a particular focus on psychoeducation, equipping attendees with strategies and interventions that they can take away into their professional and personal lives.



Our Purpose

To create a workplace environment where every team member can thrive both personally and professionally.

Our Aims

Enhance Employee Wellbeing: Our primary aim is to improve the overall wellbeing of employees, fostering a healthy, supportive, and positive work environment

Increase Productivity and Engagement: By prioritizing employee wellbeing, we seek to boost productivity levels and enhance overall job satisfaction, leading to increased engagement and retention.

Foster a Culture of Support: We aim to cultivate a workplace culture where employees feel valued, supported, and empowered to develop personal wellness practices

Our Objectives

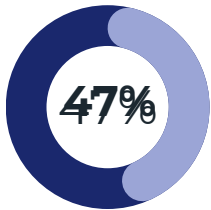
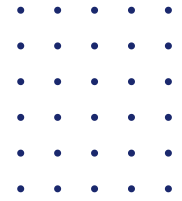
Provide Resources and Support: We will offer a range of resources, including mental health resources, workplace wellbeing guidance, and stress management tools, and appropriate training to support team members in their personal wellness practices.

Offer Training and Self Development: We will provide training sessions and workshops on topics related to wellbeing, including stress management techniques, resilience building, and mental health awareness, to equip team member with the necessary skills and knowledge.

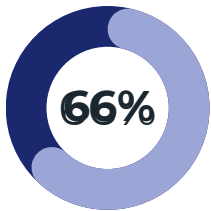
Create Supportive Networks: We will Facilitate the formation of employee support networks, such as peer support groups and mentorship programs, to foster a sense of community and belonging.

Promote Leadership Involvement: Encourage leadership buy-in and participation in wellbeing initiatives, demonstrating a top-down commitment to employee wellbeing and setting a positive example for the entire organization.

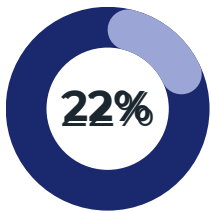
Why champion wellbeing in the workplace?



47% of the UK workforce describes themselves as 'struggling' or 'languishing'.



66% of workers say they have experienced a work-related health condition in the last year.



22% of people say they often or always feel exhausted in their job.

Available professional development

- 5 Ways to Wellbeing
- Anxiety & depression
- Anxiety & panic
- Infant loss in the workplace
- Maternal mental health
- Menopause
 - For Men
 - For Line Managers
- Mental Health 'Grab Bag'
- PMS & Menstruation
- PCOS
- Returning to work after maternity
- Responding to a mental health crisis
- 'Sparkle' Mums mental health
- Stress management
- Sleep
- Women's health in the workplace
- ... and bespoke topics as required

did you know?

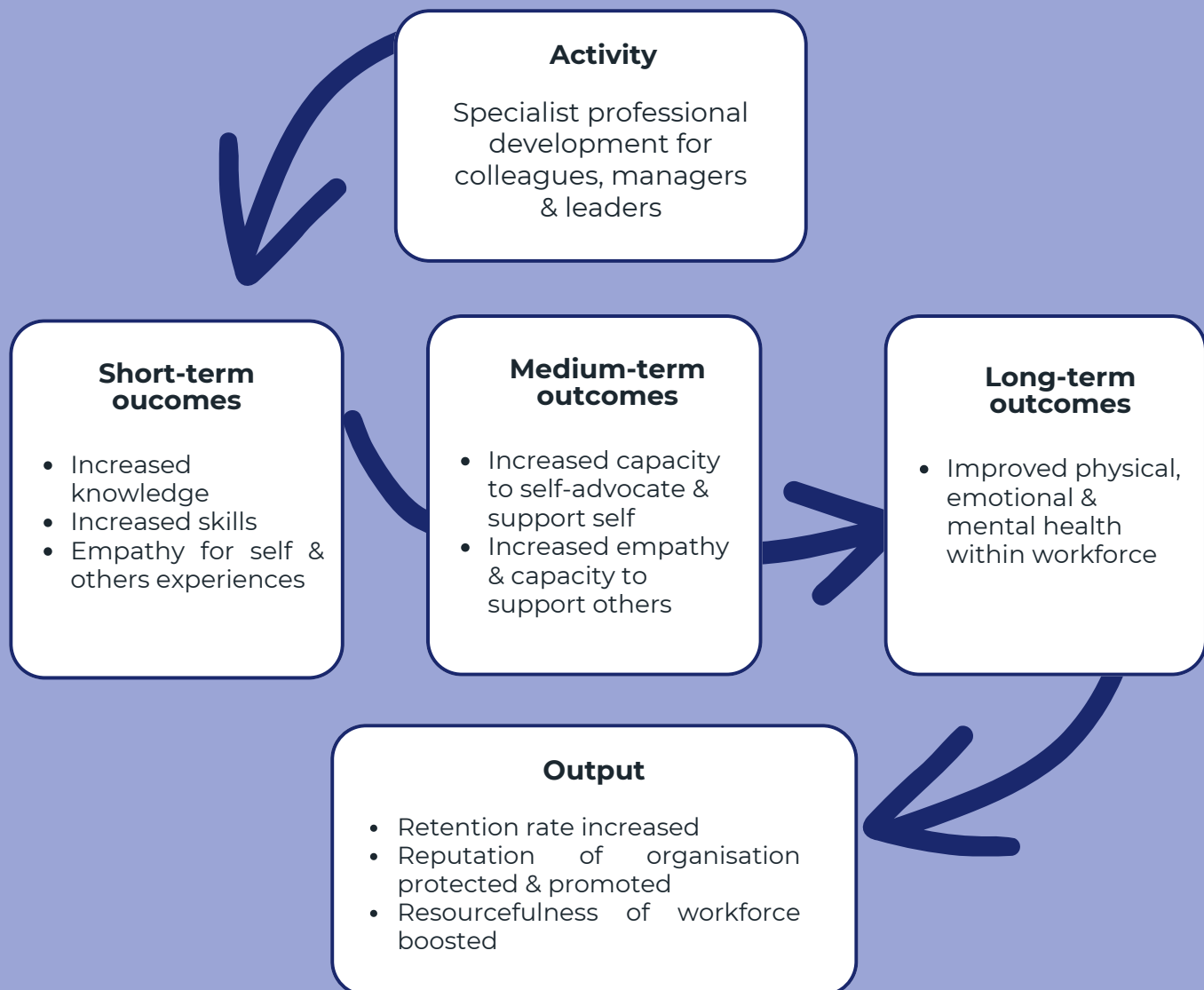
The Learning Well

1 in 2 women describe their workplace as supportive of their health issues

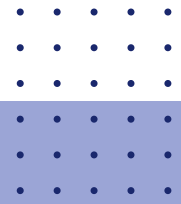
Key findings from UK Gov Women's Health Strategy 2023

LW Training & Wellbeing Centre

Our Theory of Change



Why champion wellbeing in the workplace?



The hidden cost of workplace stress

Work related stress and mental ill-health costs British businesses £28b per and result in 23.3m lost working days per annum. Over half a million adults in the UK suffer from work related stress.

Supporting workforce wellbeing doesn't just demonstrate your organisations values, it ultimately affects your business bottom line.

did you know?

The Learning Well

33% of employees report moderate-to-high or high levels of stress

LW Training & Wellbeing Centre



Interested in transforming
your team's culture with
LearningWell?

Get in touch today!

Contact Us :



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