

# Workplace Wellbeing Training

Facilitated by **The Wellbeing Community**

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# Introduction



At The Wellbeing Community, we are dedicated to **delivering high-quality, impactful training** that empowers leaders, managers, and teams to create thriving workplaces. With stress, depression, and anxiety accounting for **55% of all working days lost** due to ill health in the UK, prioritising employee wellbeing is more critical than ever. Our training equips organisations with the tools to foster a healthier, more engaged workforce—**boosting both performance and retention.**

Investing in wellbeing training isn't just the right thing to do; **it's a smart business decision.** Research shows that for every £1 spent on training, **businesses see a £5 return on investment** (Deloitte, 2024). From building resilience to mastering compassionate leadership, our CPD-certified courses provide the skills and strategies needed to cultivate a positive and productive work environment.

**For all your workplace wellbeing and training needs—we're here to help.**

Workplace Wellbeing Training | [info@thewellbeingcommunity.co.uk](mailto:info@thewellbeingcommunity.co.uk)

# About Us

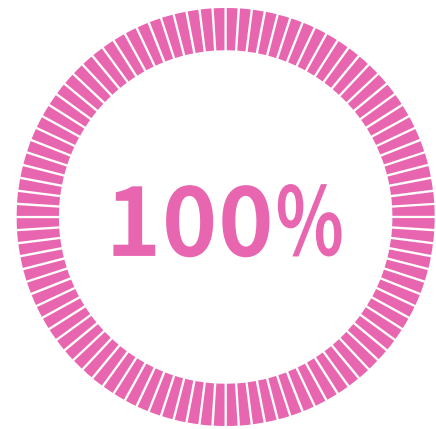
All our training is led by The Wellbeing Community's founders, Jason Dudley and Stephanie Huntington, who bring over 40 years of combined experience in wellbeing training across academic, business, and community settings.



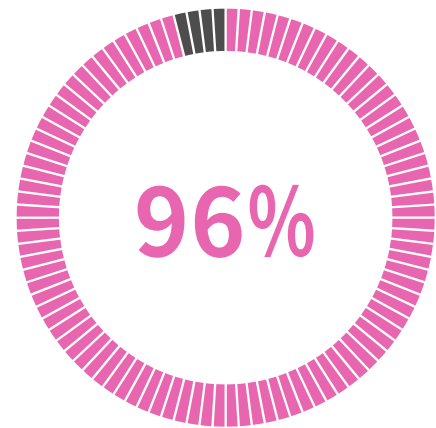
**Jason Dudley**  
**Qualified CBT Counsellor (MBACP)**  
JNC youth work qualified, Jason brings leadership experience and a talent for community engagement and connection.



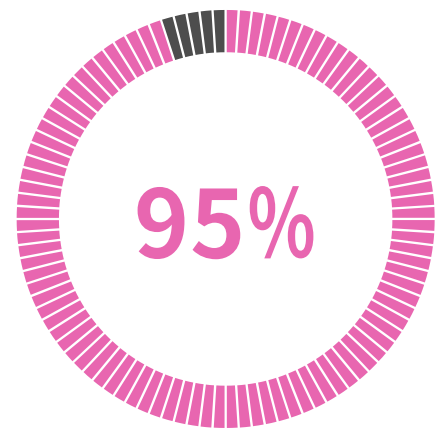
**Dr. Stephanie Huntington**  
**Qualified CBT Counsellor (MBACP)**  
With a background in education, academia, and research, Stephanie brings depth, critical insight, and evidence-based expertise.



**Would recommend  
our training**



**Rated trainer's  
knowledge as  
'Excellent'**



**Rated overall  
satisfaction with the  
training as 'Excellent'**

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[info@thewellbeingcommunity.co.uk](mailto:info@thewellbeingcommunity.co.uk)

# Workplace Wellbeing

Creating a culture of support and resilience

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**Course Length**

1 day CPD

**Cost per person**

£221 + VAT

Discounted price for  
members: £155 + VAT

This training is designed to help organisations cultivate a supportive environment that prioritises employee wellbeing and resilience. With rising workplace health issues, including a 30% increase in mental health conditions since 2019, organisations are recognising the need to address these challenges proactively.

**By the end of this training participants will be able to:**

- Understand the **importance of wellbeing** in the workplace
- Promote and practice **psychological safety**
- Apply **evidence based tools** to support wellbeing





**Course Length**  
2 day CPD

**Cost per person**  
£420 + VAT

Discounted price for  
members: £294 + VAT

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[info@thewellbeingcommunity.co.uk](mailto:info@thewellbeingcommunity.co.uk)

# Stronger Together

## Building high performance teams

This 2-day CPD training equips participants with the skills to build trust, collaboration, and psychological safety within teams. Through practical strategies in communication, conflict resolution, and group dynamics, attendees will learn how to create a supportive and high-performing work environment. By the end of the course, participants will be ready to build stronger relationships and drive team success.

**By the end of this training participants will be able to:**

- **Resolve conflicts** constructively, promoting productivity
- Build trust and use open communication for **effective collaboration**
- Cultivate **psychological safety** for effective team work
- Apply **team dynamic theories** to set clear goals, define roles and maintain motivation

# Mentoring for Impact

## Guiding Development and Success

### Course Length

4 day CPD

### Cost per person

£820 + VAT

Discounted price for  
members: £574 + VAT

This intensive four-day course equips professionals with the skills, strategies, and confidence to become effective mentors within the workplace. Rooted in our Three-Function Mentoring Model, the course ensures mentees receive structured guidance, meaningful learning experiences, and the emotional support they need to succeed.

### By the end of this training participants will be able to:

- Demonstrate emotional intelligence and **active listening**
- Understand the **role and responsibilities** of a mentor
- **Set clear expectations**, goals, and milestones
- Apply **effective coaching** for skill development
- Encourage reflective learning and **problem-solving**
- Deliver **constructive feedback** effectively
- Support apprentice **wellbeing and resilience**
- **Address challenges** and foster motivation

# Breaking the Cycle

Domestic abuse awareness  
for the workplace

**Course Length**

3 hours CPD

**Cost per person**

£120 + VAT

Discounted price for  
members: £84 + VAT

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Across England and Wales, approximately 1 in 5 people aged 16 and over have experienced domestic abuse at some point in their lives (ONS, 2024). This course is designed to equip employers with the knowledge and tools to recognise and support employees affected by domestic abuse.

**By the end of this training participants will be able to:**

- **Recognise signs** of domestic abuse
- Understand **legal obligations** of employers
- Provide **resources** and create a **supportive environment**



# Inclusive Workspaces

Driving DEI for Lasting Change

## Course Length

1 day CPD

## Cost per person

£221 + VAT

Discounted price for members: £155 + VAT

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[info@thewellbeingcommunity.co.uk](mailto:info@thewellbeingcommunity.co.uk)



Organisations that prioritise diversity, equity and inclusion (DEI) initiatives experience improved innovation, greater team cohesion and more effective decision-making. Our **Inclusive Workspaces** training supports organisations to embed DEI into their core culture.

**By the end of this training participants will be able to:**

- Understanding **DEI** Principles
- Identifying and **Mitigating Unconscious Bias**
- Enable **Inclusive Communication**
- Implementing **Sustainable DEI** Strategies

# Engaging Young Employees

## Supporting Young People in the Workplace

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**Course Length**  
3 hours CPD

**Cost per person**  
£120 + VAT

**Discounted price** for  
members: £84 + VAT

According to Mental Health UK (2025), 28% of workers aged 18–24 have taken time off due to health issues, yet only 56% feel confident discussing stress with their managers. This interactive CPD training equips managers, mentors, and HR professionals with the skills and strategies to effectively support, engage, and develop young people.



**By the end of this training participants will be able to:**

- **Understand challenges** young employees face
- Apply **effective mentoring techniques** to build trust and engagement
- Manage generational differences and **bridge the skills gap**
- Improve **wellbeing and resilience** among young employees

**Course Length**

1 day CPD

**Cost per person**

£221 + VAT

Discounted price for  
members: £155 + VAT

# Safeguarding Essentials

## Protecting People, Building Trust

This course covers key safeguarding principles, legal responsibilities, and best practices for identifying and responding to concerns. By developing a culture of care and accountability, participants will learn how to protect vulnerable individuals, build trust within their teams and customer-base, and ensure compliance with safeguarding policies.

**By the end of this training participants will be able to:**

- Understand **safeguarding principles**
- **Recognise** and **respond** to concerns
- Effectively **implement safeguarding** policies



# Mastering Compassionate Conversations

## Nurturing Workplace Wellbeing

**Course Length**  
1 day CPD

**Cost per person**  
£221 + VAT

**Discounted price for**  
members: £155 + VAT

Compassionate conversations help to make employees and customers feel valued and heard. This experiential training in active listening and emotional intelligence aims to strengthen positive workplace culture, improve engagement with both employees and customers, reduce burnout, and enhance team dynamics.



**By the end of this training participants will be able to:**

- Actively listen, understand others' perspectives, and **respond with compassion**
- Build **emotional intelligence** and stronger workplace relationships
- Apply compassionate leadership to **create a positive, inclusive, and collaborative environment**



# Feel Better, Work Better

## Tools to Support Wellbeing

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### **Course Length**

1 day CPD

### **Cost per person**

£221 + VAT

Discounted price for  
members: £155 + VAT

Workplace stress and burnout are on the rise, with mental health conditions increasing by over 30% since 2019. Taking care of your wellbeing is more important than ever. This training gives you practical, tools to build resilience, manage stress, and protect your mental health—helping you be well at work and beyond.

### **By the end of this training participants will be able to:**

- Understand the **importance of self-awareness** for wellbeing
- Recognise the **signs of stress and burnout**—and respond early
- Apply **evidence based tools** to support wellbeing

# Booking Information

We offer training year-round and can also provide in-house sessions tailored to your organisation's needs. To book a course or discuss customised training for your team, contact us using the details below—join us in making wellbeing a workplace priority!

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## Contact

**Workplace Wellbeing Training**  
[info@thewellbeingcommunity.co.uk](mailto:info@thewellbeingcommunity.co.uk)

### **The Wellbeing Community**

Shropshire, UK

07528 288844

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