



The Wellbeing GP
Dr Helen Garr

PICK & MIX WELL-BEING MENU

**A selection of 10 pick and mix,
bite size wellbeing sessions to
care for your team's wellbeing.**

Each energetic and interactive session can be taken as a virtual workshop or webinar.

Webinars allow for larger groups whilst workshops cater for up to 30 people which crucially allows time for staff to reflect and connect in a meaningful way.

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PICK & MIX MENU

GO TO ROME!

Come on a journey, ending in Rome, learning along the way evidenced based, free and accessible tips and tools to recognise and prevent burnout, promote wellbeing and happiness in life and work.

In this energetic and interactive session, you will learn about the five key ways to wellbeing and will be facilitated to identify goals to take forward to make sure you and your team are mentally and physically fit for the challenges ahead.

PPE FOR THE MIND

Ensure you and your team have the psychological PPE to face the challenges ahead. We will uncover the evidence based tools for coping in challenging times and you will be facilitated to build your own personal resilience and wellbeing plan to develop optimum mental fitness.

RELIGHT YOUR FIRE

Reignite your passion for work and uncover the secrets to rediscovering joy and satisfaction at both work and home.

Recognise what lights your fire as well as what drains and depletes you and what you can do about it.

We will help you reset, re-energise and look forward to work again equipped with the tools to help you thrive.

STRESS SUPERHERO

Join Superman, Batman and the Hulk to learn the What, Why and How of stress management. We will enable you to take away strategies to pre-empt and cope with stress, including those used by bomb disposal experts to remain calm under pressure. You will leave this session having learned 60 second 'stress speed-bump' techniques to enable you to confidently and calmly cope with even the most stressful of times



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RECHARGE YOUR BATTERY

Running on empty?
Imagine a life where you sleep better, eat well, exercise more and are relaxed and happy? We focus on the key pillars of health and wellbeing and will motivate and allow you to identify YOUR easy wins.

Leave with a personal plan to recharge your battery, re-energise, revitalise and reach your health and wellbeing goals to allow you to cope with all of life's challenges.

FIND THE BALANCE IN YOUR WORK - LIFE BALANCE

Is there more work than balance in your life?
Feel as if you are juggling far too many balls?
Undertake your own work-life balance analysis and discover practical and achievable steps towards achieving a work/life balance that works for you.

'Just say No!' - The art of saying NO

If only it were that easy.
Do you find yourself saying yes to things you don't want to do?
Find it awkward or difficult to say no to things?
Do you sometimes feel overwhelmed or resentful due to how often you have said yes when really you wanted and needed to say no?
This exciting session will teach you the magic formula to start saying 'Yes' to the person and 'No' to the task to enable you to say no much more easily and with confidence!

TIME MANAGEMENT

Leave this session with an understanding of effective time management solutions that work for you.
Identify your time thieves, learn how a frog and a tomato can help and leave with tools to overcome procrastination!



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HAPPILY MINDFUL

Follow in the footsteps of major corporations such as Google, Apple. And Nike who have recognised the benefits of mindfulness in the workplace to increase productivity, engagement and staff wellbeing. Join us for an introduction to mindfulness and learn how this can benefit you and your team at work. Learn the science of mindfulness - does your brain really change? - and the evidence for improving work satisfaction, health and wellbeing.

WORKING FROM HOME

Discover strategies and solutions to make working from home enjoyable. Identify how to avoid isolation, stay productive and engaged and most importantly improve your health and wellbeing whilst homeworking.

GET IN TOUCH

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BE SOCIAL

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