

## 2024/25 webinar and workshop topics for EAP customers



HealthHero workshops and webinars give managers and employees the knowledge, skills, and confidence to look after their mental health and wellbeing, and to hold supportive conversations with colleagues.

Our training has delivered significant value across various verticals e.g. airlines, manufacturers, banks, major retailers, renewable energy providers, care homes, universities, SMEs, and other commercial organisations.

Webinars and workshops can be held online or in-person, and provide training on the following topics:

### Management support

- Mental Health awareness for managers
- Supporting colleagues in the workplace
- How managers can support staff with winter wellbeing
- Holding sensitive conversations

### Resilience

- Managing change
- Getting through tough times
- A practical toolkit to help your wellbeing and resilience
- Burnout – what it is and what we can do about it
- Stress awareness

## **Personal development**

- Improving our relationship with money
- Managing emotions in the workplace
- Financial wellness and your health

## **Mental and behavioural health**

- Mental Health awareness
- Sleep – how we can help ourselves
- Psychological aspects of menopause
- Working with anxiety
- Understanding grief, loss, and bereavement

## **Family and relationships**

- Children's mental health
- Looking after our social wellbeing
- Coping with loneliness and loss during the holidays
- Self-care in our relationships

- **All sessions are designed to be 45-60 minutes in length and include Q&A**
- **Webinars up to 100 participants**
- **Workshops, face to face, are designed for a minimum of 8 and maximum of 16 participants**

***To learn more about our webinar and workshop training topics,  
please contact [training@healthero.com](mailto:training@healthero.com)***