

Umbrella in overview

Strengthening your people's wellbeing



As clinical psychologists we bring our expertise in behaviour change to help your people navigate stress and promote mental health so they, and your business, can thrive in today's world.

STRATEGY

WELLBEING ASSESSMENT

The Umbrella Wellbeing Assessment is an online survey that provides individual wellbeing reports and resources for each person who completes it.

Organisations have access to an interactive dashboard and comprehensive wellbeing report with insights into the unique wellbeing opportunities for the organisation, based on best practice scientific research.

WELLBEING STRATEGY

Consulting support for developing wellbeing strategies with boards and leadership teams, aligned with their overall people strategies.

THOUGHT-LEADERSHIP

Our research team keep on the leading-edge of psychological best practice, particularly in workplaces.

We share this research in both our workshops and our monthly newsletter online.

WORKSHOPS *(Available both online and in-person)*

| TEAMS | RESILIENCE | MENTAL HEALTH | UNCERTAINTY | BY REQUEST |
|--|--|--|---|---|
| 90-min overview | <ul style="list-style-type: none"> Strengthening Resilience Intro Flourish (positive psychology) Building sustainable habits Thriving in the age of acceleration Shifting the frantic | <ul style="list-style-type: none"> Mental Health Awareness Intro | <ul style="list-style-type: none"> Strengthening Resilience during uncertain times Growth through adversity | <ul style="list-style-type: none"> Recovering from the Covid Marathon Parenting during uncertainty E-learning modules |
| Half-day | <ul style="list-style-type: none"> Thrive | | | <ul style="list-style-type: none"> De-escalation training |
| Full-day <i>(In-person only)</i> | <ul style="list-style-type: none"> Strengthening Resilience | <ul style="list-style-type: none"> Mental Health Awareness | | |
| LEADERS | RESILIENCE | MENTAL HEALTH | UNCERTAINTY | BY REQUEST |
| 90-min overview | <ul style="list-style-type: none"> Leading high performing teams Intro | | <ul style="list-style-type: none"> Leading wellbeing in uncertain times | <ul style="list-style-type: none"> Leading your people to recover from the Covid Marathon Wellbeing in Dispersed Teams (In development) |
| Half-day <i>(in-person only)</i> | <ul style="list-style-type: none"> Leading high performing teams | <ul style="list-style-type: none"> Understanding Mental Health | | |
| Full-day | | <ul style="list-style-type: none"> Promoting Mental Health Managing Mental Health (Awareness required first) | | |
| Boosters <i>(Following half or full day workshops)</i> | | In development: <ul style="list-style-type: none"> Support high-risk individuals | | In development: <ul style="list-style-type: none"> Diversity, inclusion and wellbeing |