



U-First

Wellbeing sessions for your employees



Our U-First sessions have been created to give your most valuable asset – your staff – the space to nurture their wellbeing. As part of our focus on prevention, we've created these employee-focused webinars to empower, upskill and support attendees to confidently improve their wellbeing.

Accommodating up to 1,000 attendees, these sessions focus on the small achievable changes leading to big impacts on wellbeing, health and productivity.

U-First – RESILIENCE



This session is focussed on understanding what resilience is, resilience and the individual, resilience for performance along with the importance of nurturing your wellbeing in order to improve and sustain wellbeing and performance.

We aim to make your staff feel comfortable and safe to review how they might feel when under stress. Exploring hints, tips and strategies to improve their resilience and steps they can take to improve their wellbeing both at home and at work.

U-First – MOVEMENT MATTERS



With the ways many of us work we're at increased risk of developing musculoskeletal disorders and other conditions from sitting still too long – affecting wellbeing, engagement and productivity.

This one-hour session explains why movement matters, and covers common musculoskeletal disorders and their causes, understanding risk factors, how to set up a workstation and signposts people to other useful resources.

U-First – LIFESTYLE MANAGEMENT



This workshop encourages people to make small but sustainable changes to their lifestyle to improve health and wellbeing. We'll explore a selection of ideas based on the six pillars of wellbeing – nutrition and hydration, rest and sleep, movement, energy management, stress management and work. Attendees will leave the session with a commitment to one achievable and impactful lifestyle change.

U-First – GENDER, HEALTH AND WORK



With awareness around gender identities growing, and gender stereotypes being more openly talked about and challenged, this session has been designed to educate employees about the impact of gender identity on health issues that are rarely talked about at work, often due to stigma or embarrassment. This webinar will increase understanding about common gender specific health conditions, encourage communication, and educate employees on how they can support colleagues and show up to work as their authentic selves.

U-First – THRIVING THROUGH CHANGE; EMBRACING THE UNKNOWN



We're all affected in some way by change. It challenges our day-to-day lives and impacts our wellbeing, stress and mental health. Any change can be stressful because it's an unknown quantity. In a life of constant change, we often face a fresh set of changes and challenges. This session will explore your personal response to change, it's impact and provide some practical hints and tips in this ever-evolving climate.

Please note, some content also features in our Resilience session. If you are booking both, please let us know so we can modify the sessions.

These sessions require a minimum of 15 attendees. If you're unable to meet this minimum number, please visit your Employee Assistance Programme or our [Wellbeing Calendar](#) for other resources.

Our On Course workshops are just one part of our suite of Wellbeing tools and resources available on our [Wellbeing Hub](#)

To find out more about our courses or to book your place:

Call: **01306 646 001**