



# 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 350 attendees, these sessions last for an hour and focus on the small achievable changes leading to big impacts on wellbeing, health and productivity.

### U-First – RESILIENCE



This interactive and friendly session is designed to make your employees feel safe and comfortable reviewing how they might feel when under stress. It also explores strategies to improve their resilience, steps they can take to improve their wellbeing at home and work, while setting achievable goals. Each attendee will get a take home with resources, wellbeing strategies and their personal pledges.

### U-First – MOVEMENT MATTERS



Many more of us are now currently working from home. But with around a third of adults largely inactive for six hours<sup>1</sup>, we're at increased risk of developing musculoskeletal disorders and other conditions from sitting still too long – affecting wellbeing, engagement, and productivity. This session explains why movement matters, covers common musculoskeletal disorders and their causes, understanding risk factors, how to set up a workstation (including cars) 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 – THRIVING THROUGH CHANGE; EMBRACING THE UNKNOWN



We're all constantly in some way affected by change. As an often unknown quantity, it challenges our day-to-day lives and impacts our wellbeing, stress and mental health. While life will always bring a fresh set of changes, 2020 saw great change in a short time. This session aims to explore people's personal response to change, its impact and provide practical hints and tips in an 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 to support your business and your employees – check out our [Wellbeing Hub](#) to learn about the other ways Unum can support you

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

book online [here](#)

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