

## Standalone webinars

	<b>Duration</b>
<b>Personal development</b>	
Defeating Negative Thoughts	90
Overcoming unhelpful thinking habits	60
Letting go of perfectionism	45
Beating negative behaviour patterns - the cycle of transformation	60
Connecting with hopes and fears	45
Unlocking & balancing personal qualities	90
Overcoming unhelpful transference in relationships	60
<b>Communication</b>	
Non-Violent Communication – meeting needs with compassion	90
Goal setting vs fear setting	45
Simple strategies to improve communication	45
Non-judgemental listening and communication skills	90
Effective parent-child communication strategies	60
<b>Mindfulness</b>	
Introduction to mindfulness and meditation	60
Resilience & overcoming ‘limbic hijacks’ – neurological tips to respond rather than react	45
Grounding, calming, anxiety and stress	45
Acceptance/equanimity	45
Accessing your power	45
Overcoming emotional difficulties and conflict (RAIN)	60
Collaborating with compassion and kindness	45
Family mindfulness and meditation	60
<b>Productivity and wellbeing</b>	
Successfully Navigating Homeworking	90
Self-care strategies for a healthy mind, body and soul	60
<b>Mental Health First Aid</b>	
The benefits of investing in Mental Health First Aid	90
Mental Health Aware: half-day MHFA England course	Half-day
Mental Health First Aider: 2-day MHFA England course	2 days
<b>Workplace culture and leadership</b>	
Conscious leadership/Compassionate management	90
Building a culture of engagement, purpose & community – part 1	90
Building a culture of engagement, purpose & community – part 2	90
Addressing employees’ conflict, performance & absence issues with compassion	60
Psychological safety in the workplace	60