



raiys
**GROUP
DEVELOPMENT**
SESSIONS

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Raiys Webinars

Raiys' group coaching sessions aim to inform employees and managers on a range of pertinent issues and conditions which can adversely affect workplace development and wellbeing. Our group coaching sessions are targeted at real-life needs and requirements, builds employee resilience and increases corporate potential, giving your people the tools to grow.

Our coaches are all subject matter experts with vast amounts of people development experience. The topics which follow are examples of what we have available, but if your business would like support with something that is not listed, or if a session states "Half a day" but you would like to discuss an alternative duration, please speak to us to see if we can tailor a session accordingly.



Wellness Services & Health Assessments

RaiysUP Group Coaching -

Interpersonal skills and self-development sessions designed for all employees

Recommended attendance for RaiysUp sessions is up to 25 people'



Resilience & Isolation

MENTAL WELLBEING

30 Minutes

Examine the four pillars of resilience and understand how to incorporate elements of each to stay safe and well during the global pandemic.

Mindfulness and Building Resilience

MENTAL WELLBEING

60 Minutes

Delegates will learn what mindfulness is and how it can lead to improved resilience; how to apply simple mindfulness techniques to improve stress management and develop positive mental health. Each attendee will leave with an expanded toolbox of skills they can apply into their lifestyle to develop resilience.

Mental Wellbeing & Stress Management

MENTAL WELLBEING

60 Minutes

Understand more about the prevalence and background to mental health issues; what mental wellbeing is and how this is different to mental health. You'll learn what stress is, how it affects us and how to spot common signs and symptoms of stress. Most importantly, you'll learn useful practical tips and activities to help manage stress more effectively.

Introduction to Mindfulness

MENTAL WELLBEING

30 Minutes

A practical workshop exploring application of mindfulness into your lifestyles and how applying mindfulness techniques can be simple, effective and done anywhere at any time. This workshop will include the practice of 2-3 mindfulness techniques.

Develop a Positive Mindset

MENTAL WELLBEING

30 Minutes

This session will help you to develop a plan for positive thinking by understanding how to turn negative thoughts into positives and by using thought-awareness techniques.

Boosting Resilience

MENTAL WELLBEING

60 Minutes

This workshop aims to increase your awareness of what resilience is, misconceptions around resilience and the link between resilience and not only our mental but our physical health too. Focusing on the '4 pillars of resilience', we will explore our thinking habits and set realistic and achievable goals around having a healthier lifestyle. We will discuss the research behind resilience and how no matter where you're starting, becoming more resilient will not only help you in your work life, but your personal life too.

Managing Anger, Burnout and Worry

MENTAL WELLBEING

60 Minutes

This workshop will explore what actually is anger, worry and burnout and the psychological link between all three conditions. Additionally, the causes and symptoms of burnout will be discussed; with a particular emphasis placed on helping employees determine if they might be on the road to burnout.

The second section of the workshop will focus on how to prevent, intervene and recover from these debilitating conditions. This section will follow a three- step procedure. Firstly recognising there may be an issue and identifying your own causes and symptoms. Secondly, using strategies and coping skills to reverse the damage done and finally, how to rebuild and recover.

Mental Health Awareness

MENTAL WELLBEING

Half Day

This half day workshop will help employees to understand the definition of mental health and the causes and effects of poor mental health. We will work with employees to reduce the stigma associated with mental health by becoming more aware of the importance of good mental health, how to take action against stigma and further understanding of common illnesses, such as anxiety and depression.

Employees will learn what they can do to support their colleagues in the workplace by exploring how to have a quality conversation and understand the support and resources available. The workshop will conclude with activities for employees to take away to improve their own mental health and wellbeing through lifestyle (such as mindfulness, exercise, nutrition and sleep).

Digital Wellbeing

SOCIAL WELLBEING

60 Minutes

We live in a digital age. Digital technology advancements continue to permeate every area of our lives. The birth of the computer in 1946 sparked a digital revolution in society that continues to intensify. Digital technology has made our world reachable with its expanding information highways through the use of the internet. Through it, we have reinvented the way we interact and communicate with others through the use of mobile phones, emails, conference calls, social media apps, among others. And now with working remotely being a large factor of our working lives, we need digital technology more than ever!

But what are the pitfalls of too much 'tech-time'? Can too much screen time, accompanied with less and less social interaction with others, really be affecting our physical and mental health? This workshop looks at the risks associated with our constant need to be 'plugged-in', and also the benefits of taking some time out from technology – in what we're calling a 'Digital Detox'.

Positive Life Balance

SOCIAL WELLBEING

30 Minutes

Learn to implement positive habits and break unhelpful habits in your day by discovering practical tips and tools to prioritise your own work-life balance in these new ways of working.

Social Connectivity

SOCIAL WELLBEING

30 Minutes

Social connection is the concept that human beings feel we belong to a group and generally feel close to other people. Let us think about what connection and communication actually is in the modern world. This workshop delves in to effective communication and how to utilise human bonds and interactions to get the most out of our days and strengthen one of the most powerful tools we can equip ourselves with, a sense of belonging.

Positive Psychology

SOCIAL WELLBEING

Half Day

This unique workshop is facilitated to allow the upmost interaction and engagement. With individual wellbeing at the heart of the content, this session is recommended for both individual growth and team cohesion to support each other through their wellbeing journey. The PERMA+R model of wellbeing is the backbone to this experience.

Using activities to raise self-awareness and bringing to light wellbeing topics to consider whilst really emphasising the importance of a holistic approach to wellbeing for individuals and teams.

Exercise Your Brain

SOCIAL WELLBEING

30 Minutes

You will be guided through a system of simple movements, exercises and techniques to stimulate brain function and wake up your brain to perform more effectively. After doing these movements and activities, the brain is stimulated and the rest of the body is more relaxed allowing for better engagement and higher performance in any tasks.

Staying Motivated at Work

SOCIAL WELLBEING

30 Minutes

Learn how to identify your extrinsic and intrinsic motivators and how these can influence how you feel at work. Explore practical tips you can apply through your working hours to remain engaged and driven.

Emotional Regulation

SOCIAL WELLBEING

90 Minutes

The aim of this workshop is focused around developing employee's emotional intelligence and ability to effectively regulate their emotions in all aspects of their life. The workshop will be split up into the three key areas of emotional regulation: self-awareness, using emotions as information and regulating emotions.

Managing Change

90 Minutes

SOCIAL WELLBEING

This workshop helps employees handle change in the workplace and strategies to cope with a change in dynamic. Delegates will explore the stages of change and consider lifestyle factors to consider in relation to stress management.

Time Management

60 Minutes

SOCIAL WELLBEING

This workshop provides attendees with the opportunity to consider how they well they are managing their time.

They will understand how to prioritise more efficiently and understand the importance of developing new habits that will enable them to be more productive at work and achieve a better work/life balance.

Working Well Remotely

30 Minutes

SOCIAL WELLBEING

This workshop is designed for any colleagues working at home and outlines the benefits that remote working can bring, and top tips to work well including establishing boundaries, working around children and staying connected.

Promoting Good Sleep

PHYSICAL WELLBEING

60 Minutes

Understand the importance of sleep and why it is one of the most effective ways to improve health and wellbeing. You'll learn what happens when we sleep and common blockers that impact good quality sleep. This session will help you to develop good sleep habits (even if people work shifts) to enable the best quality sleep.

Eating for Mood, Concentration, Focus and Mental Wellbeing

PHYSICAL WELLBEING

60 Minutes

Learn information about balancing blood sugar levels and energy "zappers", and how they influence how you feel. Understand how you can identify these in your nutritional choices to work more productively with higher concentration levels and a more stable mood.

Working from Home and Being Active

PHYSICAL WELLBEING

30 Minutes

Being active plays a huge part in our day to day lives and this can be significantly disrupted when socially distancing or self-isolating, but we'll help you with practical and realistic ways to stay active.

Better Backs at Work

PHYSICAL WELLBEING

60 Minutes

Understand the background and key facts relating to back health and common back-related issues. Explore the role of the core, common posture shapes vs a healthy posture, correct seating posture, and simple exercises to do to support a healthy back (both at a desk and as part of an exercise routine).

Men's Health

PHYSICAL WELLBEING

60 Minutes

The misplaced expectation of the need for men to be the 'strong and silent' type often results in a tendency to ignore your health and wellbeing. This workshop, specifically designed for men, will help you look after your body and mind, and help you lead a happy and more fulfilled life. This workshop includes topics such as; nutrition, exercise, prostate cancer awareness and mental health.

Women's Health

PHYSICAL WELLBEING

60 Minutes

In this workshop, designed for women, you'll learn more about the common pressures faced as a woman and how to combat some of these, the female cycle, female-specific cancer awareness and how to maintain good mental health.

Women's Health: Understanding the Menopause

PHYSICAL WELLBEING

Half Day

This workshop will help you understand the biological and physiological changes the body undergoes during the menopause, an inevitable stage of a woman's life. It will draw attention to the possible symptoms and side-effects a woman may expect due to the changing hormone levels prior to and during this stage of life.

How to best prepare for and manage menopausal symptoms will be discussed including lifestyle care, complimentary/alternative therapies and hormone replacement therapy, as well as signposting information on diagnosis guidelines, support and resources.

Physical Activity at Work

PHYSICAL WELLBEING

60 Minutes

Uncover the potential health risks of physical inactivity and the benefits of moving more. Learn simple and easy ways to help you sit less and be more active at work.

Manager Masterclass Sessions -

Group coaching for next-gen leaders

Recommended attendance for Manager Masterclass Sessions is up to 15 people'



Supporting Mental Wellbeing at Work

Half Day

MENTAL WELLBEING

This session is developed in two parts: – Part 1 is designed to give managers the knowledge and confidence to support their employee's mental wellbeing and health outcomes at work. We will help you to unearth the stigma behind mental wellbeing, learn why it is important to discuss mental wellbeing (including Duty of Care), how you can help and the key signs to look out for at work. We will also explore common causes of workplace stress and potential solutions. Managers will have the opportunity to understand how they can promote mental wellbeing in the workplace and you will learn the skills to develop resilience and manage stress more effectively yourself.

Part 2 is directed towards improving communication with your team through quality conversations, motivating your employees and supporting them through behaviour change to improve health outcomes and productivity within the workplace. We will introduce you to a range of psychological techniques such as motivational interviewing, theories of behaviour change and theories of personality.

Managing Stress and Stress Risk Assessments for Managers

Half Day

MENTAL WELLBEING

This workshop will help managers understand why taking action to reduce stress at work is important, common signs and symptoms to look out for and how to reduce mental health stigma.

It will introduce the stress risk assessment process, focusing on HSE Management standards, and include practical exercises to build confidence in having quality conversation with your employees about their health and wellbeing. You will also learn what support and resources are available to you as a manager and where you can signpost employees to.

Emotional Regulation for Managers

SOCIAL WELLBEING

90 Minutes

The aim of this workshop is to educate managers about the 'big 5' personalities and how personality types impact emotional regulation in the workplace. The workshop will show how different personalities respond to stressful/demanding situations and the right/wrong approaches managers should use to match the personality type and to facilitate employees managing their emotions and working more productively.

Having Quality Conversations

SOCIAL WELLBEING

60 Minutes

Managers play a key role in supporting the health and wellbeing of their employees at work. You'll learn the principles of a quality conversation including effective questioning and listening skills to overcome common workplace barriers to effect communication, and how taking the "coach approach" is often the best way to motivate employees.

How to Manage Change at Work

SOCIAL WELLBEING

Half Day

This workshop helps managers consider change aspects for both the business and individual employee. Delegates will learn how to create an open culture for employees to air their concerns, and learn ways to support employee mental wellbeing and have an awareness of what support is available for both themselves and colleagues. This topic is complimented by our 'Motivation Interviewing' session.

Motivational Interviewing

SOCIAL WELLBEING

60 Minutes

This workshop will introduce managers to the Motivational Interviewing technique and how this can be used in practice to get the best out of a conversation with an employee. Managers will leave with an improved understanding and skillset around Motivational Interviewing and Mindful Listening, as well as how to avoid the 'righting reflex'. This session can either be a standalone topic, or a great addition to our manager training courses which focus on mental wellbeing, stress management and stress risk assessments.

Menopause in the Workplace: Managers Guidance

PHYSICAL WELLBEING

90 Minutes

This workshop will help managers support their female colleagues, by understanding the menopause and learning how it affects women at work. Learners will understand how to best support their female colleagues and the benefits to this in the workplace. This is an informative session recommended for both male and female managers.



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If you have any queries regarding the information in this document then please contact Raiys at:
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