

# DIFFUSION

## A workplace wellbeing proposal to enable you to transform young lives and your staff's experience at work

At OTR we have over 50 years experience of supporting, promoting and defending the mental health, rights and social position of Bristol's young people. Now we want to hand over our knowledge and skills to you so you can create a healthy and happy team within a productive organisation.

Choose from one of the packages below, or create your very own well-being bundle, assured in the knowledge that all profits go directly back into the work we do to support young people's mental health and wellbeing.

### The Mind - Body Package

Research overwhelmingly highlights the strong correlation between our physical and mental health. In the light of this fact, our in-house Occupational Therapist and Personal Trainer has designed a unique brand of fitness that will enable you to feel more empowered, energised and enlivened, both inside and out.

#### Empowering BoxFit (45 minutes)



Set to an uplifting soundtrack and incorporating the principles of positive psychology and body positivity, these sessions are designed to empower! Incorporating boxing pad work and high intensity intervals, with a good dose of stretching and breathwork, this session will cram maximum fitness and wellbeing benefits into any working day.

#### Mindful HIIT (35 minutes)



Start the day right, with this pocket-sized fitness and wellbeing workout. Interwoven with mindfulness techniques, these sessions incorporate a variety of low impact bodyweight and resistance work drawing on the principles of yoga, pilates and Barre. A workout for both body and mind.

#### Yin Yoga (60 minutes)



With our usual focus on physical and mental wealth, these sessions are designed to help you relax and unwind, leaving you feeling in control and better able to cope with the daily pressures life might throw your way.

***“Really enjoyed the session. The trainer was excellent at facilitating and making people feel welcome and listened to”***

Emma, Bristol

## The Lunch and Learn Package

Pick and mix from our 60 minute evidence-based workshops and we'll deliver them directly to your teams in their lunch hour. Examples include:



### Mental Health for Managers

Based on Solution Focused theory, learn tips, tools and techniques for identifying mental health issues, holding effective and empowering conversations and promoting wellbeing within the workplace.



### Workplace Resilience

Based on the principles of Positive Psychology, this interactive workshop is for all staff and aims to equip attendees with a toolkit of practical strategies to not only cope with stress, but start making friends with it in order to support themselves and their colleagues at work.



### Working Confidently With Risk and Suicide

Free from complex jargon, this informative and confidence boosting workshop will look at practical, creative and person-centred ways of effectively talking to, supporting and sign-posting vulnerable or at risk staff.

## The Sustainability Package



Mental ill health is commonly cited as a leading cause of absence from work in the UK. As such, supporting and enhancing employee wellbeing is top of the agenda for many forward thinking organisations, yet despite being aware of its benefits to workplace productivity and quality of output, knowing where to start in sustaining staff wellness can be a daunting task.

As part of our sustainability package, OTR will dedicate time to enhancing the mental wellbeing offer within your organisation. After an initial consultation phase, we'll identify what you're already doing that works and support you to build on areas of strength, leaving you with a bespoke report highlighting practical solutions and strategies for your organisation to flourish.

### What Next?

The above is a guide, but should you want something bespoke such as a more in-depth training session or a tailor-made team development day we are always happy to help.

To find out more or book a free initial consultation contact Cat Taylor - [cat@otrbristol.org.uk](mailto:cat@otrbristol.org.uk)

**OTR**

Diffusion is an initiative set up by OTR, the South West's largest mental health movement. For more info, please visit [otrbristol.org.uk/diffusion](http://otrbristol.org.uk/diffusion)

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DOING MENTAL HEALTH DIFFERENTLY