



# Sunset Farm Coaching & Well-Being Centre

## Mental Health Awareness In The Workplace

### A culture of fear and silence around mental health is costly to employers

About **1 in 4 people** experience a **mental health incident each year** and 1 in 6 experience common problems such as anxiety and depression in any given week; however **only around 10% of those adults with a mental health condition currently receive the support they need.**



**Successful business leaders have a central role in strengthening the mental well-being of their workforce** and those businesses with a clear proactive mental health awareness strategy will reap the rewards of a robust, resilient and dependable workforce.

**Employees who enjoy good physical and mental health are happier, more motivated and productive and less prone to absenteeism;** they are also far more likely to stay within a supportive business, reducing recruitment and training costs.

Our **Mental Health Awareness & Well-Being Workshops** provides **practical information, tools and techniques** to allow you to build, deliver, create and maintain a culture of healthy high performance within your business.



Our workshops are built from of a number of modules that combine **current NHS recommended best practices** and our skills as **professional NLP Master Coaches and Master Practitioners of Hypnosis**. The modular approach allows us to deliver our training in a fully flexible way that matches the work patterns and availability of your employees. Some businesses choose to commit a whole day to training a team or department; others prefer to schedule shorter weekly sessions for smaller groups. We can also develop and customise modules to meet any specific company/industry requirements.

### Mental Health Awareness Modules

- ❖ Anxiety
- ❖ Stress
- ❖ Depression
- ❖ Obsessions and Compulsions
- ❖ Sleep Problems
- ❖ Good Mental Health In The Workplace

**Prices start from:** Individual model: £10/person (min price £30). 2-3 modules delivered together: £20/person (min price £100). 4-6 modules delivered together £30/person (min price £210).

### Booking and Contact Information

Claire and Mike Burrow are professional NLP Master Coaches and Master Practitioners of Hypnosis with a passion for helping people achieve their goals and dreams, build confidence, develop self-esteem and find greater happiness in their lives. Claire and Mike are also directors and facilitators at Inspired Equine Assisted Learning CIC, a Community Interest Company, also based at Sunset Farm, that offers everyone the opportunity to experience how horses can enhance their well-being.

To book a workshop and for more information, please email / call: [mike.burrow@sunsetsql.com](mailto:mike.burrow@sunsetsql.com) / 07729 909186 and see our websites: [sunsetsql.com](http://sunsetsql.com) and [inspired-eal.co.uk](http://inspired-eal.co.uk).