

Plymouth Options

Workshops for businesses



Plymouth Options are providing a range of free workshops to Plymouth businesses to support their workforce in increasing productivity and efficiency, reducing sickness levels and above all, caring for their employees' emotional health.

We can provide any of the workshops listed below free of charge, as well as bespoke sessions to suit your needs:

Assertiveness: This one hour workshop will help participants understand different types of communication, including body language and saying no, and will introduce a technique called the 'assertiveness script'. Attendees will be provided with some basic skills to gain a greater sense of control and feel comfortable expressing their needs in appropriate ways.

Managing Anxiety: This one hour workshop provides information on the psychological and physical symptoms of anxiety, and strategies to manage this including breathing, goal setting and Cognitive Behaviour Therapy.

Managing Low Mood: This workshop provides information on the psychological symptoms of low mood as well as giving strategies to manage this including behavioural activation (a psychological model of behaviour change) and identifying and challenging unhelpful thoughts by using Cognitive Behavioural Therapy.

Managing Stress: Stress can be a useful part of everyday life but sometimes it can lead to a feeling of being overwhelmed and exhausted, causing difficulties at work or at home. This one hour workshop introduces the symptoms of stress and how the body responds, and provides simple strategies to manage this.

Mindfulness: When we are stressed, anxious or feeling low our thoughts, troubles and worries can often add to our problems. Mindfulness practice can help people develop the ability to deal with life's pressures and is a form of self-awareness training that helps people get to know themselves more fully, thinking more clearly and in the present moment.

Panic: This workshop aims to break down some of the myths surrounding panic attacks and will provide participants with techniques to manage the physical symptoms of panic, to challenge their thoughts and to make changes in behaviour to help them feel more in control.

Sleep Well: Having a poor night's sleep can really affect a person's productivity and wellbeing. This one hour workshop will introduce ways to support restful sleep. Topics covered include understanding the adult sleep cycle, what may prevent a good night's sleep, and tips for sleeping well.

Book your workshop:



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