

60-minute health talks  
Better for business



# Workplace wellbeing talks

**What's included?** The following options include 30-45 minutes of health advice and information delivered by a clinical expert, followed by a questions and answers session.

# Inspiring talks on health

We know that a healthy, happy workforce is a productive one. But while it pays to be proactive, it can be hard to know where to start.

Our health talks are the perfect entry point or refresher. Delivered by a series of expert health advisers and professionals, these 60-minute sessions give more than just the facts. They're your team's chance to get their burning questions answered.

Whether you're raising awareness or just encouraging a healthy lifestyle, there's no better way to give your people and business a bite-sized boost.

We've pulled together some of our most popular talks, broken down into three handy categories. When you spot one you like, talk to your Bupa Account Manager to get booked in. It's as simple as that.

## Employee health and wellbeing

- Male health
- Female Health
- Menopause
- Improving sleep
- Exercise and nutrition for healthy living
- Optimising your musculoskeletal health

## Employee mental health

- Mental health awareness
- Building resilience
- Men's mental health
- Managing stress
- Preventing burnout
- Creating healthy habits: setting yourself up for success

## Effective management and wellbeing

- Managing team wellbeing
- Managing working relationships
- Resilience in leadership
- Preventing burnout in leadership
- Emotional intelligence
- Supporting working parents





# Employee health and wellbeing

A workforce in tune with its wellbeing? Now that’s a powerful thing. But health isn’t just about action — it’s about education, too.

By keeping your team informed on these important topics, you’ll be nurturing a more driven, productive company culture.

Not only that, but booking these talks sends your people a clear message: at your business, looking after staff is a priority.

With a Health Advisor

Talk 1

### Male health

Men face unique health risks and challenges — especially when it comes to cancer. Help your male employees know what to look out for.

**Topics include**

- ✓ Male-specific cancers
- ✓ Lifestyle changes to reduce health risks
- ✓ How to get help when it's needed

With a Health Advisor

Talk 2

### Female health

It's important to understand the body from a physical and emotional standpoint. Leave this talk confident about taking action or discussing health concerns.

**Topics include**

- ✓ Menstruation and fertility
- ✓ Cancer awareness
- ✓ Cardiovascular disease

With a Health Advisor

Talk 3

### Menopause

The menopause doesn't have to be complicated. We're here to inform and uplift the women in your business so they feel better equipped to deal with hormonal changes.

**Topics include**

- ✓ Who does menopause affect?
- ✓ Helpful lifestyle changes
- ✓ Dealing with physical and psychological change

With a Health Advisor

## Talk 4

### Improving sleep

Quality sleep powers a productive workforce. Get your team clued up on its benefits and the best ways of achieving it, night after night.

#### Topics include

- ✓ Stages of sleep
- ✓ What stops good sleep?
- ✓ Benefits of sleep

With a Health Advisor

## Talk 5

### Exercise and nutrition for healthy living

Making small, healthy changes is one of the best things we can do for our personal and professional lives. Give your colleagues the perfect place to start.

#### Topics include

- ✓ Exercising for mind and body
- ✓ Benefits of different food groups
- ✓ Evidence-based diet advice

With a Physiotherapist

## Talk 6

### Optimising your musculoskeletal health

Muscle, bone and joint conditions affect 1 in 4 adults. Support your employees, raise awareness, and make your workplace more accessible.

#### Topics include

- ✓ Increasing awareness of MSK conditions
- ✓ Understanding the impact of MSK conditions
- ✓ Tips to reduce risks of developing MSK conditions



# 1 in 3

employees say their job negatively impacts their physical wellbeing. Let's change that.

Source: Deloitte, 2023.



# Employee mental health

We spend a big chunk of our lives at work, so it’s important we feel good while we’re there.

It’ll always come with its challenges. But giving your team the tools to overcome any difficulties will benefit both them and your business.

That starts with knowledge. Awareness. Understanding. And that’s exactly what our range of talks on employee mental health are for.

With a Mental Wellbeing Practitioner

Talk 1

### Mental health awareness

We’ve all become more aware of our mental health. But what does good mental health look like? What support is available? And how do we have meaningful conversations about it?

- Topics include**
- ✓ What good mental health looks like
  - ✓ Identifying poor mental health
  - ✓ Conditions and treatment

With a Mental Wellbeing Practitioner

Talk 2

### Building resilience

Feeling more resilient in day-to-day life — it’s not a superpower, but it’s as close as it gets. This talk will give your team awareness of common stress symptoms and the tools to build physical and mental resilience.

- Topics include**
- ✓ Five domains of resilience
  - ✓ Activities to build resilient thinking
  - ✓ Lifestyle changes for physical resilience

With a Mental Wellbeing Practitioner

Talk 3

### Men’s mental health

We explore the barriers men face to getting the support they need, as well as the importance of self-help, supporting others, and breaking stigmas.

- Topics include**
- ✓ Suicide awareness
  - ✓ How to get, or encourage, support
  - ✓ Increased mental health risk factors in men

With a Mental  
Wellbeing Practitioner

## Talk 4

### Managing stress

When times get tough, it's crucial we're able to deal with it mindfully. Put the pressure on pause by helping your team spot and manage the signs of stress early..

#### Topics include

- ✓ Common signs of stress
- ✓ Lifestyle changes to reduce stress
- ✓ Techniques for difficult periods

With a Mental  
Wellbeing Practitioner

## Talk 5

### Preventing burnout

It's not just a buzz word. Build a workforce free from burnout with techniques to set boundaries, challenge perfectionism, and deal with competing priorities.

#### Topics include

- ✓ Preventing digital burnout
- ✓ Challenging impostor syndrome
- ✓ How to know when we're experiencing burnout

With a Behavioural  
Change Specialist

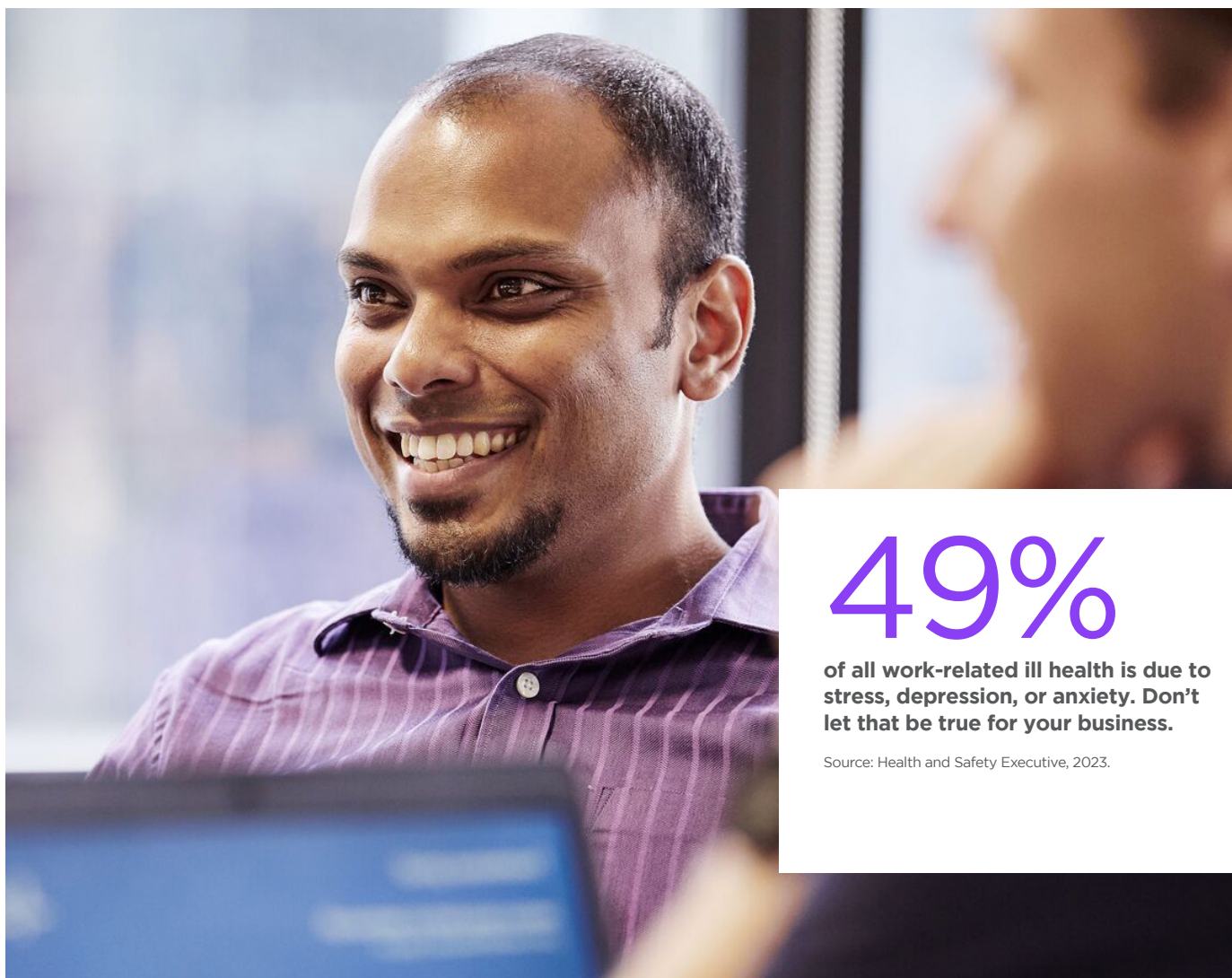
## Talk 6

### Creating healthy habits: setting yourself up for success

We could all use more healthy habits, but making them stick isn't easy. Give the gift of lasting change by getting your team clued up on behavioural science.

#### Topics include

- ✓ How do habits work?
- ✓ Breaking unhelpful habits
- ✓ Five top tips for forming positive habits



# 49%

of all work-related ill health is due to stress, depression, or anxiety. Don't let that be true for your business.

Source: Health and Safety Executive, 2023.

# Effective management and wellbeing

Company culture comes from the top.

To be able to look after a team, though, the best managers know they need to look after themselves first.

Whether it's working on relationships with colleagues or increasing mental resilience, these talks will leave every leader ready to reach their potential.

With a Mental Wellbeing Practitioner **Talk 1**

## Managing team wellbeing

Wellbeing isn't always an easy conversation. With the help of this talk, managers will feel more confident supporting their team's wellbeing — physical and emotional.

**Topics include**

- ✓ Resources to share with employees
- ✓ Spotting warning signs for poor wellbeing
- ✓ Understanding what good employee wellbeing looks like

With a Mental Wellbeing Practitioner **Talk 2**

## Managing working relationships

A good line manager is the glue that holds a team together. As explained by this talk, that all comes down to effective communication. But how do we achieve that?

**Topics include**

- ✓ Techniques to tackle team conflict
- ✓ Increasing productivity and retention
- ✓ Identifying presenteeism and absenteeism

With a Mental Wellbeing Practitioner **Talk 3**

## Resilience in leadership

Just like anyone else, leaders struggle with difficult periods in life. But building resilience can boost motivation, improve performance under pressure, and inspire teams.

**Topics include**

- ✓ Identifying resilience in yourself and others
- ✓ Knowing how and where to find support
- ✓ Exploring cognitive, emotional, and physical resilience



With a Mental  
Wellbeing Practitioner

#### Talk 4

## Preventing burnout in leadership

Perfectionism, impostor syndrome, digital burnout — leaders are vulnerable to it all. So how can managers identify burnout and achieve a growth mindset?

### Topics include

- ✓ Disconnecting from our devices
- ✓ Using the Malach-Pines burnout measure
- ✓ Learning how to juggle competing demands

With a Mental  
Wellbeing Practitioner

#### Talk 5

## Emotional intelligence

It's one of life's most important qualities — but what even is it? And how do we improve it? This talk will leave you understanding the importance of a workforce with high emotional intelligence (EI).

### Topics include

- ✓ Five components of EI
- ✓ Recognising the signs of low EI
- ✓ Self-improvement exercises to build EI

With a Mental  
Wellbeing Practitioner

#### Talk 6

## Supporting working parents

Many working adults face a difficult balancing act: splitting time between their work and children. Give your team the chance to learn more about managing their time and achieving work-life balance..

### Topics include

- ✓ Protecting your own wellbeing as a working parent
- ✓ Addressing feelings of guilt
- ✓ Encouraging resilience in children



# 1 in 3

managers feel out of their depth  
supporting their team with mental  
health concerns. We're here to help.

Source: Mental Health First Aid England, 2023.

# Level up your workforce. Book a health talk today

Speak to your Account Manager to get started.

## **Bupa. Better for business**

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