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*I am passionate about helping businesses support, stimulate and champion their most valuable asset - their people! Good employee health and wellbeing is good business.*

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Debra Clark, Head of Wellbeing

Wellbeing webinars and training workshops that make a world of difference



Our interactive webinars and training workshops will help you improve the health and wellbeing of your employees.

From burnout and coping with grief to navigating menopause and managing debt, our topics are carefully chosen to address the most pressing challenges faced by employees today.

### Everybody benefits

We understand that no two businesses are alike. Every webinar is tailored to suit each individual employer and delivered with their own benefits programme in mind, clearly signposting the resources available so colleagues know exactly where and how to access support.

# Health and wellbeing webinars

Standard  
webinar  
from **£350**  
(excl. VAT)

## Take your pick

These one-hour sessions provide practical advice and actionable strategies, ensuring that your employees leave feeling informed, empowered and ready to implement meaningful change.

## Physical health and lifestyle



### Are you sitting (too) comfortably?

Spending most of the day seated is not good for our musculoskeletal (MSK) health. We explain why MSK health is so important and share actionable ideas to keep you moving to improve physical and mental wellbeing.



### Sleep as your super power

Did you know that sleep is your super power? It's critical to every part of how you function, yet it is often the first thing we sacrifice. We share the small changes which can have a big impact on the quality and quantity of the sleep you are getting.



### Lifestyle and wellbeing

Smoking, alcohol consumption, fitness, etc - we consider the impact of lifestyle factors on our health and wellbeing, as well as how our immune system, stress and connections can shape our wellbeing.



### Lifestyle and illness

How does a person's current lifestyle influence their health later on in life? By better understanding the risks of our choices, we'll in turn show how to make healthier choices that will help your future self stay healthier for longer.



### Reducing your risk of cancer

While not all cancers are preventable, there are factors which may increase your risk. This webinar explores what affects cancer risk, from genetics and age to lifestyle and environment, and highlights practical, evidence-based steps to help lower risk and support wellbeing.

# Mental health and emotional wellbeing



## Mental health at work

In this webinar, we tackle mental health at work from all angles. What are the symptoms? What are the causes? How are employers reacting and tackling the issues? Finally, what support is available?



## How to achieve a positive wellbeing

What is stress and what impact does too much of it have on your wellbeing? In this webinar, we consider the road to positivity and how to translate happiness to your working life.



## Building mental resilience

Life is busy, hectic and challenging. We look at triggers, indicators, tactics and strategies to build up our emotional resilience to better support ourselves, and others.



## Burnout

What is burnout? What triggers it? These are the questions we'll ask in the webinar as we explore the issue of burnout from both the employee and employer's perspective.



## Reasoning with your anxiety

Anxiety is a common condition with numerous physical and emotional symptoms. Our webinar considers the impact of lifestyle and social media on anxiety and shares helpful coping strategies.



## Grief

Explore how we can navigate through grief and bereavement in the workplace. We will cover the five stages of grief, how grief can make someone feel, suicide, and how to support someone grieving.

## Mental health and emotional wellbeing



### Coping with change and uncertainty

In business one thing is certain – change is inevitable. We look at the causes of stress, how it feels and most importantly what support exists and practical strategies for keeping stress at bay during periods of change and uncertainty.



### How to make a behaviour change

In this webinar we explore renowned social scientist BJ Fogg's model of behaviour change and how to form a new habit. We also explore the impact of personality type on behaviour change.

## Gender-based health conditions



### Female health

Our female health webinar can focus on a specific issue – like periods, PMS, fertility, motherhood, etc – or be delivered more generally.



### Men's health

Prostate issues, male breast cancer, impotence, mental health, suicide, and much more – this webinar can be made about specific issues or delivered more generally.

## Equality, diversity and inclusion (ED&I)



### Improving ED&I awareness

At the heart of ED&I is fair, respectful treatment of everyone. We delve into unconscious bias, protected characteristics and microaggressions, helping participants understand their impact and take practical steps towards more inclusive workplaces.



### Raising awareness of neurodiversity

Being neurodiverse can bring unique challenges to the workplace, so how can we better understand and support our colleagues? We explain the unique strengths of the most common neurodiverse conditions so that everyone can thrive together.

# Healthy habits workshops



## Exercise simplified

(up to 500 employees) | 2 hours

With many of us living increasingly sedentary lives, getting enough daily exercise can feel like a struggle. This webinar explains how and why to build a personalised exercise regime that works for you and your lifestyle.

**£900** (excl. VAT)



## Nutrition simplified

(up to 500 employees) | 2 hours

It's often hard to know where to start with nutrition. In this webinar, learn about how to build a bespoke nutrition plan, the importance of macro nutrients and the common myths of dieting and nutrition.

**£900** (excl. VAT)



## Alcohol awareness training

(up to 500 employees) | 1.5 hours

Many of us aren't always aware of the impact that drinking can have on our health, wellbeing, and livelihoods. In this webinar, we'll look at the health and social impacts of alcohol as well as signpost support for those who may be quietly struggling.

**£500** (excl. VAT)



# Menopause wellbeing webinars

Menopause can significantly affect a person's health and wellbeing, as well as their performance at work.

As part of our dedicated menopause offering, Menopause+, we run awareness webinars for all affected employees, their allies and line managers (either as separate sessions or combined).

Whether your employees are peri-menopausal, menopausal or post-menopausal, have experienced early, premature or medically-induced menopause, these sessions help organisations create a safe and supportive culture for everyone.

**£500** (excl. VAT) for a one-hour virtual webinar



**Menopause champion training**  
(up to 25 employees) | 2 hours

Menopause can be an uncertain and worrying time in your employees' lives. This course trains members of your team to be dedicated subject experts on all things menopause to signpost and support their colleagues.

**£1,250** (excl. VAT)



**Menopause coaching**

We also offer one-to-one and small group coaching sessions with an accredited menopause coach.



## Financial wellbeing webinars

**£500** (excl. VAT) for a one-hour virtual webinar. We can also deliver in London for **£550** (excl. VAT).

**£1,500** (excl. VAT) for four one-hour virtual webinars or in-person delivery for one full day.



### **Financial foundations: Setting a positive mindset and taking control of your money**

Financial stress is a leading cause of distraction and reduced productivity in the workplace. This webinar explores how employees can reduce financial anxiety by understanding their money mindset, gaining clarity around personal cash flow, and setting meaningful financial goals.



### **Futureproofing: Planning, protection and peace of mind**

What does long-term financial security really look like? This webinar explores how to plan for major life goals, protect your income and loved ones, and take the essential legal steps to secure your legacy while reducing future financial risk.



### **Building wealth: Managing debt and investing for future resilience**

This advanced webinar lifts the lid on credit, borrowing, investing and tax-efficient saving. We explain how loans, investments, ISAs and pensions work in practice, helping employees make smarter financial decisions and plan more confidently for the future.



### **Is your pension working for you or are you working for your pension?**

If you are looking to start pension planning or to invest more in your financial future, this webinar will guide you through practical ways to get started. From understanding your current finances to consolidating your existing pensions, it helps build confidence around retirement planning.

# Leader and line manager training



## Line manager mental health training (up to 20 managers) | 1.5 hours

Learn how to spot the signs of mental health issues in your employees and how to support them in the workplace while ensuring your own mental health is protected.

**£500** (excl. VAT)

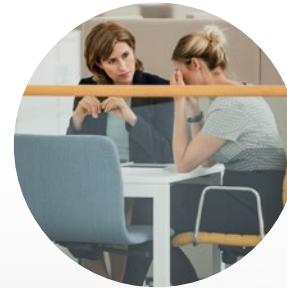


## Psychological safety for driving team performance (up to 50 managers) | 2.5 hours

Do your employees feel safe to speak out, share ideas, and, most importantly, make mistakes? This workshop teaches your line managers to build psychologically safe workplaces that allow employees to thrive.

The session can be scaled to reach up to 500 participants via a keynote or webinar format. Should you wish to include more than 50 attendees, we're happy to do so, though the experience becomes less tailored to individuals and a customised fee would apply.

**£900** (excl. VAT)



## Health and wellbeing for leaders - leading a culture of wellbeing (up to 50 managers) | 2.5 hours

Having leadership buy-in is the most important aspect of an employee wellbeing strategy. In this workshop, your line management team will gain thorough insight into the importance, impact, and implementation of great wellbeing at work.

**£900** (excl. VAT)



# Certified training courses



## Mental health first aid training (up to 16 employees) | 2 days (or 4 half days)

Mental health first aiders (MFHAs) are your employees' first port of call when it comes to mental health concerns. This course trains your team of dedicated mental health champions into certified MFHAs ready to support their colleagues.

**£315** (excl. VAT) per person



## Mental health first aid refresher training (up to 25 employees) | half day

Your mental health first aiders need to stay up to date with the latest approaches to mental health support, as well as refresh the knowledge they learned in their first course. This half day course supports their ongoing learning as your MFHAs.

**£150** (excl. VAT) per person



## Wellbeing champion training (up to 50 employees) | 6.5 hours

Your workplace's certified wellbeing champions are the key drivers of your wellbeing strategy's success. We'll help them to gain the knowledge and skills to engage with and inspire their colleagues to lead healthier lives.

**£1,950** (excl. VAT)



# Bespoke webinars and workshops built around your business

We understand that no two businesses are alike, and neither are the health and wellbeing challenges they face.

That's why we also offer a bespoke webinar and workshop service to address your specific needs.

So, whether you need to address female retention with a proactive women's health strategy or reduce absence amongst the sandwich generation, we're here to help.

If you have a niche, emerging or sensitive topic that isn't listed above please get in touch to discuss how we may be able to help.

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*The content was spot on and your delivery was incredibly engaging, you had everyone hanging on your every word!*

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Bespoke  
webinar from  
**£500**  
(excl. VAT)



Contact **Debra Clark** to book one of these workplace webinars or workshops.

**Everywhen. Everybody benefits.**

Everywhen helps businesses and individuals manage risk, enable growth and protect the everyday, with insurance, protection and advice that is accessible to all.

Our employee benefits consultancy works for every business, enabling employers to attract talent and boost wellbeing, productivity and loyalty.

**Protection that matters. You | Your people | Your business**

**0800 389 7723** (Monday to Friday)

**Head office address**

Everywhen  
West Park House, 23 Cumberland Place,  
Southampton, SO15 2BB

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EB19-2-0326

