



Training Solutions.

A comprehensive array of preventative services for employers to foster a healthy and productive workforce.

Learn more:



Making People Better

vitahealthgroup.co.uk



Welcome to our

Corporate Training Solutions

Making People Better

vitahealthgroup.co.uk

Vita Health Group stands as a distinguished market leader, acclaimed for its excellence in workplace mental and physical wellbeing solutions.



Our Corporate Training Solutions go beyond ordinary workplace wellbeing initiatives - empowering organisations to build healthier, more resilient, and high-performing teams.

We offer a comprehensive range of proactive and responsive solutions, tailored to the needs of modern employers. From essential training courses and critical incident support, to coaching, mediation, and mental health awareness our services consistently provide meaningful, actionable insights to help support you and your team.

As a result of our services, our clients report significant reductions in absenteeism, improved performance, and increased employee engagement. Most importantly, employees who use our services feel genuinely supported and valued - helping to cultivate a positive workplace culture where individuals and organisations can truly flourish.

CONTENTS

08

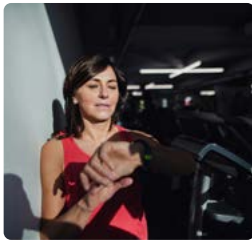
Mental Health



Our Mental Health Training Solutions feature a comprehensive suite of tailored courses that address a broad range of challenges.

12

Physical Health



Our Physical Health Training Solutions offer a comprehensive suite of courses designed to enable attendees to better manage their wellbeing.

32
Supervision

18

Workplace Wellbeing



Our Workplace Wellbeing courses are tailored to support a healthier, happier work environment.

34
Critical Incident Support

22

Training for Line Managers



Our Training for Line Managers courses are designed to develop the skills and knowledge for line manager specific situations.

36
Mediation in the Workplace

26

Workplace Training



Our Workplace Training courses are designed to teach attendees about safety, compliance, and workplace specific skills.

38
Bespoke Courses

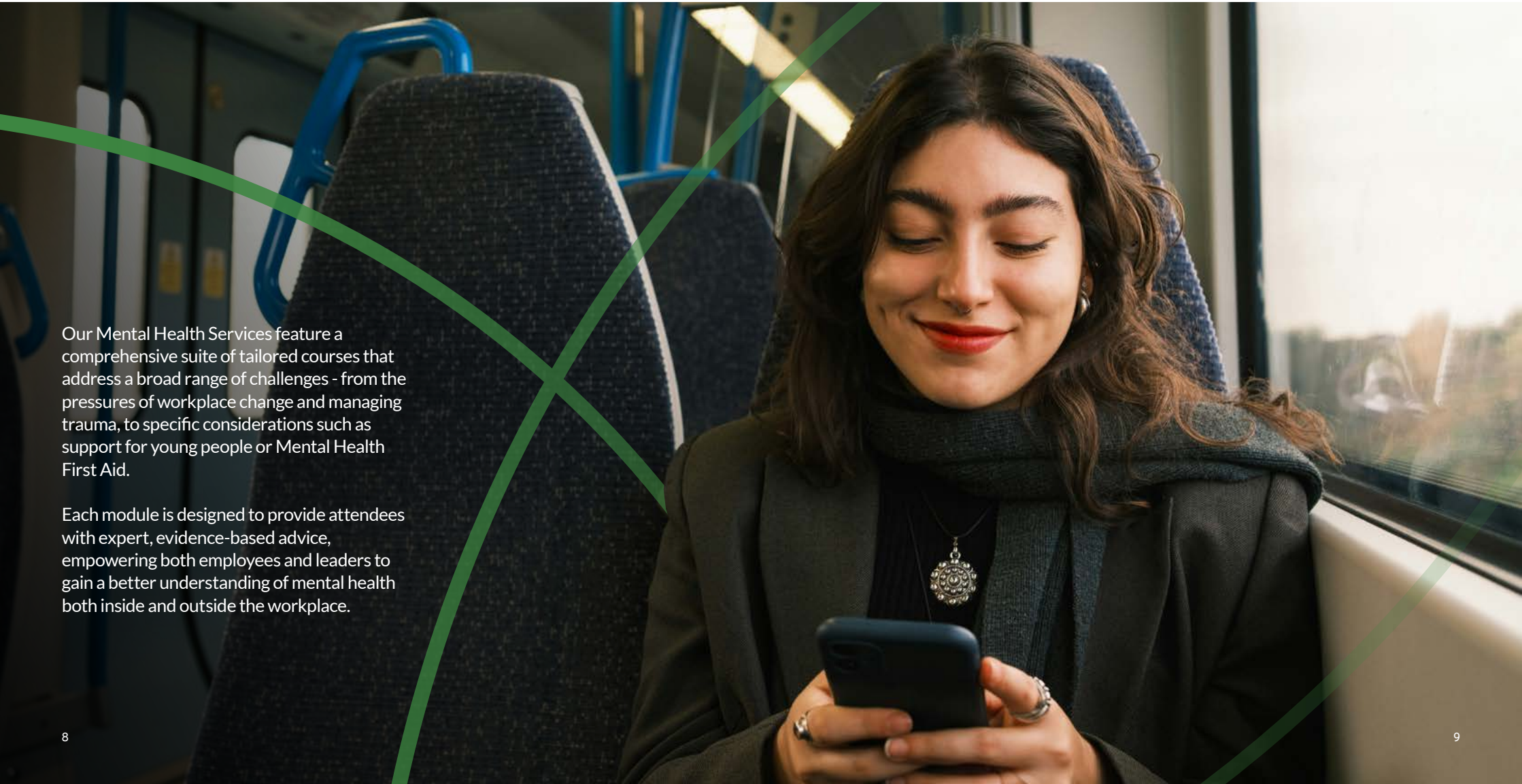
28

Personal Wellbeing



Our Personal Wellbeing courses offer practical guidance for individuals seeking to enhance their everyday wellness.

MENTAL HEALTH



Our Mental Health Services feature a comprehensive suite of tailored courses that address a broad range of challenges - from the pressures of workplace change and managing trauma, to specific considerations such as support for young people or Mental Health First Aid.

Each module is designed to provide attendees with expert, evidence-based advice, empowering both employees and leaders to gain a better understanding of mental health both inside and outside the workplace.

Course Spotlight



Mental Health First Aid

2 Days (12 Hours)

This 2-day CPD UK accredited course provides employees and managers with all the skills needed to help someone who might be struggling with their mental health.

Delegates will understand the importance of mental health at work and build the confidence and practical skills to step in and support a person in distress. They'll explore common mental health conditions, self-harm and suicide and understand where they can signpost to for additional support.



Stress and Resilience

60 Mins

This session is designed to ensure delegates have an understanding of what stress is, how stress can impact on our wellbeing, as well as de-mystifying any myths surrounding what it means to be resilient.

This session provides attendees with a 'toolbox' of skills and strategies to both recognise and manage stress, as well as support those around them.



Course List

All courses are delivered either in-person or online, unless specified. Pricing available upon request

Bereavement, Grief and Loss	60 Mins
Carers Support	60 Mins
Children and Young People: Mental Health Awareness (Workshop Only)	6 Hours
Children and Young People: Self Harm (Workshop Only)	3 Hours
Men's Mental Health	60 Mins
Mental Health First Aid (Workshop Only)	2 Days
Mental Health First Aid - Fast Track (Workshop Only)	1 Day
Mental Health Awareness (Workshop Only)	3 Hours
Sensory Processing Disorders (Webinar Only)	30 Mins
Stress and Resilience	60 Mins
Suicide Awareness (Workshop Only)	2 Hours
Tics and Tourettes (Webinar Only)	30 Mins
Women's Mental Health	60 Mins

Book Your Course Today

Our team is here to help you find the right support for your organisation.

Not sure what you need? Book a **FREE 30-minute consultation** with one of our experts – just scan the QR code to get started.

Book Now

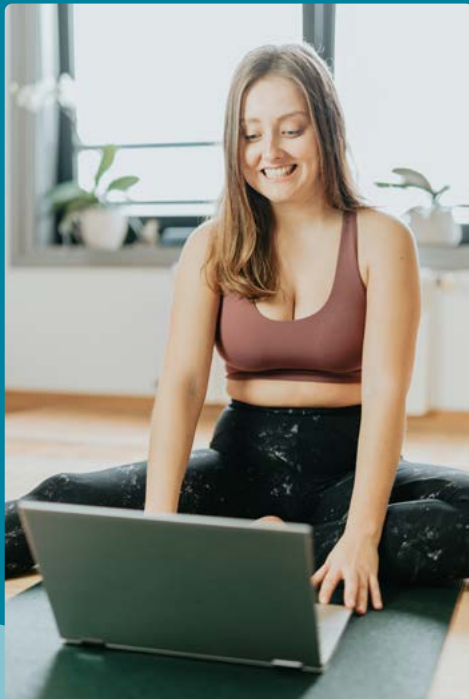


PHYSICAL HEALTH





Our Physical Health Services offer a comprehensive suite of courses designed to enable attendees to better manage their wellbeing.



Our courses cover everything from safe exercise practices and long-term condition management, to targeted support for both men's and women's health.

Our tailored approach to physical wellbeing equips your workforce with the strategies they need to maintain their health at work and beyond.

Course Spotlight



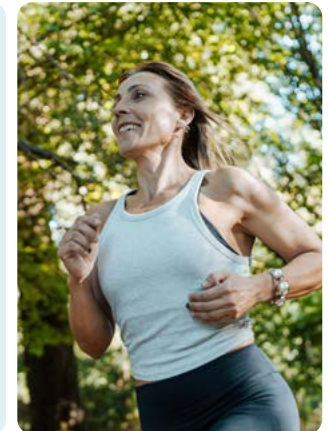
Women's & Men's Health

60 minutes

In this course, delegates will learn about specific health conditions related to their specific sex.

Attendees will learn how to recognise these conditions, and how to seek help and advice from if they have any concerns.

In addition to this, attendees will be provided with general tips and pieces of advice to keep them health and to help prevent conditions from arising.



Recognising, Managing, and Preventing Joint Pain

Joint pain can significantly impact quality of life, productivity, and overall wellbeing - yet it's often misunderstood or overlooked.

This course is designed to help participants identify the early signs of joint issues, understand common causes, and learn effective strategies for managing discomfort.

With a focus on prevention and long-term care, attendees will gain a solid foundation in recognising symptoms and knowing when to seek further support.



Course List

All courses are delivered either in-person or online, unless specified. Pricing available upon request.
(*Including Practical Demonstration)

Coping with Long-Term Conditions	60 Mins
Exercise and Long-Term Health Conditions	60 Mins
Exercise for: Healthy Joints, Improving Balance, Manual Workers, Sedentary Workers and Ankle and Foot Health*	60 Mins
Exercise for: Joint Pain and Back Pain*	60 Mins
How to Exercise Safely	60 Mins
Introduction to Digital Health and Self-Management for Managers	60 Mins
Is Surgery the Answer?	60 Mins
Recognising, Managing, and Preventing Joint Pain	60 Mins
Understanding Arthritis	60 Mins
Understanding Pain (Webinar Only)	60 Mins
Women's and Men's Health	60 Mins

Book Your Course Today


Our team is here to help you find the right support for your organisation.

Not sure what you need? Book a **FREE 30-minute consultation** with one of our experts – just scan the QR code to get started.

Book Now



WORKPLACE WELLBEING



Our Workplace Wellbeing courses are tailored to support a healthier, happier work environment. Addressing topics such as healthy remote working practices, effective stress management, and conflict resolution, our services provide attendees with practical strategies that can make an immediate difference in their working lives.

Course Spotlight



Working Well at Home

60 minutes

This course includes evidence-based advice on how to manage your physical and mental wellbeing from home, including desk-based exercises; preventing stress and feelings of isolation; and strategies for effective home working.



Managing Workplace Trauma

3 x 3-hour sessions

The aim of this course is to minimise the risk of employees developing ill health because of work-related trauma and stress. The course is delivered over three 3-hour sessions, with a 2-week gap between each session. During the three sessions, delegates explore trauma in-depth: they will review the causes and affect of trauma, and have the opportunity to review, practice and reflect on a range of different CBT-based strategies to help manage or prevent trauma related ill health.



Course List

All courses are delivered either in-person or online, unless specified. Pricing available upon request

Career Coaching (Individual Online Session)	50 Mins
Coaching Through Work (Individual Online Session)	60 Mins
Executive Wellness Coaching (Individual Online Session)	50 Mins
Keeping Healthy at Work	60 Mins
Managing Change	60 Mins
Managing Workplace Trauma (Workshop Only) 3 x 3-hour sessions	9 Hours
Redefining Yourself Pre and Post Menopause (Workshop Only) 2 hours a session over a 6 week period	12 Hours
Resilience Booster (Webinar Only)	30 Mins
Resilience Coaching (Individual Online Session)	50 Mins
Women, The Reproductive Years (Workshop Only)	2.5 Hours
Working Well at Home	60 Mins
Work-life Balance (Webinar Only)	30 Mins

Book Your Course Today

Our team is here to help you find the right support for your organisation. Not sure what you need? Book a **FREE 30-minute consultation** with one of our experts – just scan the QR code to get started.

Book Now



TRAINING FOR LINE MANAGERS

Our Training for Line Managers courses are designed to develop the skills and knowledge for manager specific situations. Ranging from essential training on bullying and harassment and psychological safety to ageism in the workplace and neurodiversity awareness, our courses ensure that line managers are fully equipped to support their teams and ensure that they can meet any challenge with confidence.



Course Spotlight



Bullying and Harassment

2 Hours

Elevate your awareness with our comprehensive session on bullying and harassment, offering insights into the definitions and how to recognise bullying, harassment, sexual harassment, and discrimination.

Delve into the profound impact that these behaviours can have, and equip yourself with effective strategies to manage, challenge, and address them if they occur in the workplace.



Mental Health Awareness for Managers

3 Hours

Tailored exclusively for managers and leaders, this course is designed to raise awareness and destigmatise mental health conditions in the workplace.

Participants will gain a deep understanding of how to effectively support colleagues dealing with mental health challenges while clearly defining their responsibilities and boundaries.



Course List

All courses are delivered either in-person or online, unless specified. Pricing available upon request

Ageism in the Workplace	60 Mins
Bullying and Harassment (Workshop Only)	2 Hours
Growth Through Conflict (Workshop Only)	3 Hours
How to Have Difficult Conversations	60 Mins
Leading Through Change (Workshop Only)	3 Hours
LGBTQIA+ Awareness	60 Mins
Mental Health Awareness for Managers (Workshop Only)	3 Hours
Neurodiversity Awareness	60 Mins
Psychological Safety	60 Mins
Thriving Leadership (Workshop Only)	3 Hours
Visual Impairment Awareness	60 Mins

Book Your Course Today

Our team is here to help you find the right support for your organisation.

Not sure what you need? Book a **FREE 30-minute consultation** with one of our experts – just scan the QR code to get started.

Book Now



WORKPLACE TRAINING



Our Workplace Training courses are designed to teach attendees about safety, compliance, and workplace specific skills. From essential knowledge such as manual handling and DSE assessments, to managing workplace injuries and navigating difficult conversations, our training equips employees and managers with the knowledge they need to create a safer, more supportive working environment.

vitahealthgroup.co.uk



Course List

All courses are delivered either in-person or online, unless specified. Pricing available upon request

Injury Management Basics	60 Mins
Manual Handling	3.5 Hours
Occupational Health Awareness	2 Hours
Safe Office Working	60 Mins

Course Spotlight



Manual Handling

3.5 hours

In this course, delegates will understand how to minimise the root causes of musculoskeletal conditions and accidents at work. A key focus is for employees to take responsibility for their own health, safety, and wellbeing. They will also understand how to complete dynamic risk assessments and implement all key JLR policies and procedures.

Half of this workshop is dedicated to practical activities, during which delegates use problem-based learning in a real-world environment, ensuring that the skills they learn are transferable and can be implemented effectively.



Book Now



PERSONAL WELLBEING

Our Personal Wellbeing courses offer practical guidance for individuals seeking to enhance their everyday wellness. Covering a range of topics from improving sleep quality and nutrition, to exercise and managing finances, these courses provide attendees with clear, actionable insights designed to help them build sustainable, healthy habits.



Course Spotlight



Financial Wellbeing 60 minutes

This interactive workshop provides attendees with a blend of financial and mental wellbeing education, complemented by practical tools and resources to bolster resilience during uncertain times.

This session will also help participants to develop their skills in navigating difficult conversations around mental and financial wellbeing.



Diet and Nutrition 60 minutes

In this workshop, we will provide attendees with a better understanding of diet, nutrition, and energy.

Participants will become familiar with the current recommendations for a healthy diet and learn strategies to help achieve and maintain a healthy diet and weight.



Course List

All Personal Wellbeing courses are Webinar Only.
Pricing available upon request

Diet and Nutrition	60 Mins
Financial Wellbeing	60 Mins
Free Yourself from Worry	30 Mins
Mindful Moments	30 Mins
Mindfulness	60 Mins
Navigating the Journey of Grief	30 Mins
Nourish Your Mind	30 Mins
Power of Positivity	30 Mins
Redefining Yourself Pre and Post Menopause	30 Mins
Calm in Chaos	30 Mins
Sleep Hygiene	60 Mins
Rise and Shine	30 Mins
Women, the Reproductive Years	60 Mins

Book Your Course Today

Our team is here to help you find the right support for your organisation.
Not sure what you need? Book a **FREE 30-minute consultation** with one of our experts – just scan the QR code to get started.

Book Now



SUPERVISION

Supervision is a one-time, 50 minute session with a mental health clinician, for individuals seeking immediate support for emotional or psychological concerns.

This type of session allows clients to discuss their feelings, experiences, or specific issues in a confidential and supportive environment.

Our experienced clinicians are trained professionals who can provide guidance and assistance with emotional regulation, coping strategies, and self-care techniques. The goal of this session is to provide immediate relief, validation, and a starting point for further exploration or referral if needed.



Group Supervision

50 minutes | Maximum 6 Attendees

Group Supervision offers an enriching environment for professionals to enhance their skills and address challenges collectively. Like individual supervision, group sessions provide a platform for participants to reflect on their work, discuss cases, and receive guidance from a skilled supervisor.

Book your session today.

Scan the QR to find out more, or visit:
vitahealthgroup.co.uk

Book Now





CRITICAL INCIDENT SUPPORT

Shocking events in the workplace can be very traumatic for staff, including those who witnessed the incident, and those who did not. At Vita Health Group, we are experienced in the delivery of expert support and advice in response to these incidents.

In line with NICE Guidance for the prevention of PTSD, this is NOT psychological debriefing or any derivative form of this.

Our standard on-site critical incident response is delivered at least 72 hours following an incident. This is in line with best practice, allowing space and time for the immediate natural psychological coping mechanisms of individuals to begin. In the event of an incident, calls can be made to the helpline 24 hours a day, 7 days a week.

Where this on-site support is indicated, one of our Critical Incident Responders can provide support to those individuals who may not have other support networks available or who need an independent person to talk to for support and evidence-based advice.

Our support involves:

- Helping people to reduce their anxiety
- Validating the natural emotional reactions to a shocking event
- Helping people to determine what they need to do to look after themselves in the short term
- 24/7 Helpline Support
- Providing information about the natural psychological coping processes following an event, and when to seek further support.

Scan to Read More

Scan the QR, or visit vitahealthgroup.co.uk to find out more.

Read More



“

“We sadly lost a team member through a sudden and unfortunate death which had a terrible impact on the team that worked with the deceased. We reached out to EAP and was immediately supported with on site counselling the following day, the counsellors spent the day and evening meeting with all team members providing support and advice over there grieving. Overall the quick response and support for my team was so needed. The feedback from my team has been amazing and I recommend the use of this support for anyone in need.”

- Client Feedback, Critical Incident Support



MEDIATION IN THE WORKPLACE

Mediation is one of the tools of conflict resolution. It is a process by which an independent, impartial third party helps two or more people in conflict talk about their situation, exchange their concerns, and work towards a resolution.



What types of issues are suitable for mediation?

Mediation is suitable for a range of issues where the parties have the power to resolve the matter themselves.

This includes specific complaints about behaviour, conflicts involving allegations and counter-allegations, breakdowns in working relationships, team disputes, tensions between managers and team members, conflicts within management teams, and disputes between internal or external stakeholders.



What to Expect from Mediation

The Mediator first meets each party separately to understand their concerns, expectations, and explain the mediation process. If both parties agree, a joint session is held. Together, they create an agenda, focusing on realistic resolutions. The Mediator guides the discussion, helping parties address issues one at a time, explore options, and find common ground. Any agreements made are clarified and, if needed, documented. Copies can be shared with relevant third parties (e.g. a line manager). All session notes are then securely destroyed.



Confidentiality

Mediation is private, confidential, and without prejudice. Anything disclosed during the mediation is done so without prejudice and cannot be used in any future proceedings should the parties fail to reach agreement.



BESPOKE COURSES

For organisations seeking a more personalised touch, we offer a fully bespoke service. Our team of expert clinicians are ready to design and construct training content tailored to the specific needs of your organisation or team.



Whether it involves refining existing courses or creating something entirely novel, we welcome the opportunity to collaborate and build a training solution from the ground up.

At Vita Health Group, we are dedicated to supporting the unique wellbeing needs of your workforce, promoting a healthier and more resilient workplace environment.

We deliver our training in two different formats as either a workshop or a webinar/seminar.

Both formats offer flexibility by being adaptable to both online and face-to-face settings, making it easier to accommodate your team's preferences and logistical constraints.

Workshops are designed for smaller groups (up to 15 participants) and are highly interactive, encouraging active participation and group engagement.

Webinars are presentation-focused sessions suitable for larger audiences, with limited interaction.

GET IN TOUCH

Whether you're looking to explore our services further, book a course, or simply have a question, our team is on hand to provide guidance and ensure you find the right support for your organisation. For more information, please scan the QR Code, or contact the email below.

 corporate@vhg.co.uk



Making People Better



 corporate@vhg.co.uk

Learn more:



vitahealthgroup.co.uk