



**THE WORKPLACE  
COLLECTIVE**

# Support & Training for Employers

Provided by our delivery partner,  
**The Workplace Collective.**

# The Workplace Collective

We want to improve the lives of people at work through helping them build resilience, improve their wellbeing, and gain greater emotional intelligence, confidence, and clarity.

Our team of psychologists can evidence, through research, that this approach directly improves the performance of individuals, teams, and organisations. But why do we do this? Because people matter. We firmly believe that when you grow people, you grow your business.

We see workplace wellness not as a luxury or a peripheral benefit, but as a fundamental strategic advantage. By bringing therapeutic expertise into professional environments, we help organisations create cultures where people can bring their whole selves to work, address challenges with resilience, communicate with clarity, and collaborate with authentic confidence.

The Workplace Collective stands as a testament to what happens when therapeutic wisdom meets workplace dynamics – creating spaces where individuals don't just survive at work but genuinely thrive.





# Qualifications & Programmes



# Professional Wellbeing Training

Our wellbeing programmes help organisations create sustainable, healthy workplace cultures while giving individuals the tools they need to thrive.

Drawing on evidence-based psychological practices and real-world application, we focus on building both individual resilience and organisational wellbeing capability.

Our programmes combine the expertise of practicing psychologists with practical workplace solutions, ensuring lasting behavioural change and measurable impact.

**To enquire about a programme for your workplace contact us by email for a bespoke quote:**

**[training@mindinbradford.org.uk](mailto:training@mindinbradford.org.uk)**



# Programmes

- Mental Health Awareness for Managers
- Strengthening Personal Resilience
- Managing Stress and Anxiety – closing the stress cycle
- Working with Human Distress
- Building Resilience for Managing Workplace Conversations
- Creating an Inclusive Workplace: Mastering Boundary Setting
- Navigating Redundancy with Confidence – strategies for managing client/staff overwhelm
- Mental Health Awareness
- Financial Wellbeing
- Neurodiversity at Work
- Empowered Transitions - returning to work post pregnancy, adoption or illness
- Men's Health – an introduction to wellness
- Menopause Awareness at Work
- Menopause Awareness for Managers and Leaders
- The Science of Sleep; understanding our nightly journey
- Gut Health for Wellbeing & Performance
- Working with Narcissism



# Adult Mental Health First Aid (MHFA)

**This 2-day course, available online or in-person trains you as a Mental Health First Aider, giving you:**

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer or through the NHS.

On completion delegates will receive a certificate to say you are a **Mental Health First Aider** that lasts for three years.

## **Qualification expiring soon?**

We also offer MHFA Refresher courses, a four-hour online course to renew your qualification for another three years.



# Lunch & Learn

Our Lunch & Learn sessions are 60-90 minute bite size sessions, perfect to introducing topics around workplace wellbeing that can make an instant positive impact on your employees.

They are ideal for testing out subject matter, starting conversations around mental health in the workplace and discovering what matters most to your employees.

## Our Lunch & Learn sessions

- Managing Stress and Anxiety
- Supporting Colleagues in Crisis
- Menopause Awareness and Support
- Seasonal Affective Disorder
- Growth Mindset & Self –Belief
- Celebrating Neurodiversity
- Navigating Difficult Workplace Conversations





- Sleep Science and Mental Health
- Men's Mental Health
- Creating Healthy Work-Life Boundaries
- Managing Financial Wellbeing
- Creating an Inclusive Workplace
- Building Personal and Team Resilience
- Managing Change and Uncertainty
- Understanding Burnout
- Working with Narcissism
- Gut Health for Wellbeing & Performance

**To enquire about a Lunch & Learn session for your workplace contact us by email for a bespoke quote:**

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# Thank you,

## for exploring our 2025 Course Portfolio.

While these courses represent our core offerings, we understand that every organisation faces unique challenges and opportunities. Our expert team provides both course tailoring services and bespoke programme development to ensure your learning solutions align perfectly with your organisational needs.

Whether you're looking to adapt an existing programme or create something entirely new, we combine our extensive experience in leadership and personal development with psychological expertise to design impactful learning experiences that drive meaningful change.

To discuss how we can support your organisation's development needs, please contact our team at [training@mindinbradford.org.uk](mailto:training@mindinbradford.org.uk)

We look forward to partnering with you.

**The Workplace Collective in association with Bradford District and Craven Mind.**



Bradford District  
and Craven

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