



**SUPER**  
WELLNESS



Shape

Embed

Reach

# Live Events Menu

Webinars and On-site Activities

At **SuperWellness** we make it easy to get started with workplace wellbeing. Just choose a single webinar, on-site day, plan a series of related events, or speak to our consultants for an expert view on what could work for you.



*Body composition testing*



*Engaging with a personalised approach*



*Inspiring workshops and food demonstrations*



**NUTRITION DISCOVERY SESSION**

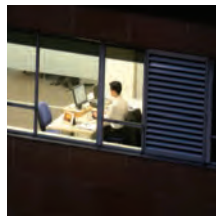
An eye opening introduction to healthy eating and its impact on physical and mental health. This session covers the foundations:

- How positive nutrition and lifestyle habits can help us prevent illness, feel stronger and more energetic.
- The small adjustments that can influence our brain chemistry to boost mood and our ability to cope with stress.
- A wealth of fascinating science-based facts and practical steps to make change happen, from blood sugars and metabolism to the role of digestion, micronutrients and hydration.
- Works as a standalone session or is a popular addition to body composition testing.



**HEALTHY MEAL PLANNING FOR SHIFT WORK**

Gain an understanding of the natural body clock rhythm and how to plan meals and lifestyle habits for optimal health.



**HEALTHY IN A HURRY**

Discover how to select and prepare healthy meals and snacks no matter where you are—at work, on the road or in your own kitchen.



**THE BENEFITS OF PLANT-BASED EATING**

How to maximise the benefits of plant-based foods in your diet in a way that works for you.



**METABOLIC BOOST**

Remove the blocks which keep your metabolism stuck for lasting weight loss, health and energy gain.



**ECO-FRIENDLY EATING**

Be in the know when it comes to sustainable food choices. We share realistic tips and ideas for taking care of the planet as well as our health.



**DETOX AND RE-ENERGISE**

We take a look at the science behind detoxification and the hype-free approaches which really do work.



**HEALTHY COOKING CLASS**

Get inspired to prepare simple and delicious recipes packed with feel-good ingredients at home. Learn about the benefits of different ingredients.

*Available as a webinar only*



**HEALTHY EATING ON A BUDGET**

Eating for less doesn't have to be dull, uninspiring or unhealthy. Tips on smart ways to plan, shop and cook on a budget.



**THE POWER OF SELF-CARE**

We highlight how important it is to view self-care not as a luxury, but as an opportunity to prevent or control disease, by making healthy choices every day.



**SUMMER WELLNESS**

How to make the most of the warmer months, enhancing the sun's benefits whilst preventing pitfalls from sunburn to hayfever.



**WINTER WELLNESS**

How to stay healthy this winter—including tips for immunity, mental health and food and exercise motivation. Choose from early winter, festive season or New Year version.



**CREATING AN EFFECTIVE WORK-LIFE BALANCE**

How to recharge and prevent burnout in an 'always on' environment: finding a balance, clarifying boundaries and building in time to switch off.



**THRIVING IN A HYBRID WORLD**

Discover the art of thriving in a hybrid world—a dynamic approach and practical strategies to balancing work and life for optimal wellbeing.



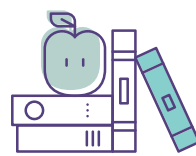
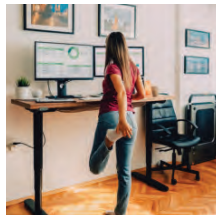
**THE POWER OF NATURE**

Why and how to harness the benefits of nature for wellbeing.



**HOW TO DEVELOP HEALTHY HABITS**

Build a resilient, motivated team by empowering employees with healthy habit-forming strategies that last.



**MEN'S HEALTH**

10 steps to minimise the key risk factors for men's physical and mental health, from healthy testosterone levels to emotional wellbeing.



**WOMEN'S HEALTH**

Follow our evidence-based '11 step plan' and feel empowered to support hormonal health naturally whatever life stage you are at.



**UNDERSTANDING AND EMBRACING THE MENOPAUSE**

Our 7-point practical plan to support your body and mind for a smoother transition into this phase of life.



**MENOPAUSE AWARENESS AT WORK**

Building the awareness and understanding required for a menopause-friendly workplace.



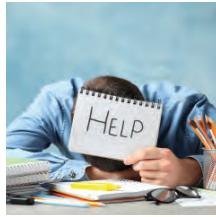
**6 STEPS TO POST-MENOPAUSE HEALTH**

An action plan for life after the menopause.



**SUPPORTING MENTAL HEALTH AT WORK**

Gain practical strategies to enhance workplace wellbeing. Discover tools to foster a positive environment where mental health thrives.



**STRESS BUSTER**

What is stress and how to manage it through diet and lifestyle.



**FOOD FOR THE MIND**

Nutrition and lifestyle strategies to boost mental wellbeing, performance and stress resilience.



**UNDERSTANDING ANXIETY**

A comprehensive webinar on understanding, managing, and supporting anxiety.



**IN PRACTICE: MINDFULNESS, VISUALISATION AND MEDITATION**

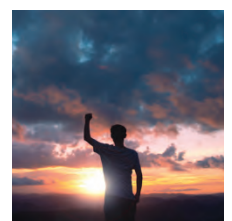
3 powerful practices which you can use to de-stress and gain strength in times of uncertainty and adversity.

*Available as a webinar only*



**BUILDING RESILIENCE**

Learn to create a strong and positive mindset in the face of challenges, including strategies to optimise mental resilience.



**MINDFULNESS**

Practise mindfulness techniques and learn lifestyle habits and tips to minimise stress and anxiety.



**UNLEASH YOUR BRAIN POWER**

Empower your employees mind, to elevate their performance in the workplace and cultivate a culture of excellence, innovation and creativity within your organisation.



**THE POWER OF SOCIAL WELLBEING**

How to feel connected for better wellbeing and fulfilment, even when working remotely.



**MANAGING UNCERTAINTY**

Understanding the effects of change and practical tools to thrive —A session balancing science, thoughtful discussion and practice.



**MEN'S MENTAL HEALTH**

Uncover important truths about male mental health and learn some key ideas to support their mental wellbeing.



**THE 4 PILLARS OF A POSITIVE MINDSET**

Discover the 4 pillars of a positive mindset—Hope, Efficacy, Resilience, and Optimism, the building blocks of 'Psychological Capital'.



**MASTERING SELF-BELIEF: TACKLING THE 'IMPOSTER PHENOMENON' IN THE WORKPLACE**

Discover the hidden barriers to success and personal fulfilment with our insightful exploration of the Imposter Phenomenon.



**EMBRACING NEURODIVERSITY: BUILDING AN INCLUSIVE WORKPLACE**

Gain practical insights and strategies that can be directly applied to foster a more inclusive and neurodiverse-friendly work environment.



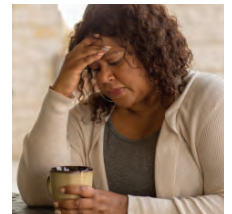
**ADHD AND AUTISM AWARENESS AT WORK**

Discover key insights and practical strategies for fostering an inclusive workplace that supports neurodiverse employees.



**DEALING WITH GRIEF IN THE WORKPLACE**

Explore essential insights and practical strategies for coping with grief in both personal and professional contexts.



**IMMUNE BOOST**

Create your plan for boosting the body's natural defence against illness, from nutrients to exercise and other lifestyle practices.



**HEART HEALTH**

Discover facts and myths about heart health and our 6-point plan for lifestyle-led prevention.



**STAY ALCOHOL SAVVY**

Exploring our relationship with alcohol and why cutting back can bring a myriad of health benefits.



**MUSCULOSKELETAL DETECTIVE**

5 key diet and lifestyle pillars to support your musculoskeletal system.



**GOOD GUT HEALTH**

We investigate our wonderful gut microbiome and how it affects both our physical and mental health.



**MANAGING MIGRAINES AND HEADACHES**

Delve into the inner workings of migraines and headaches, and the triggers which could cause them.



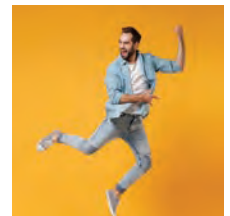
**8 STEPS TO BETTER SLEEP**

Discover the hidden causes of potential sleep thieves, from nocturnal blood sugar fluctuations to hormones and understand the key steps to sleep better now.



**BOOST YOUR ENERGY!**

Do you wake up feeling drained or get hit by performance-sapping energy lows during the day? Learn how to boost mental and physical energy naturally.



**PREVENTING FATIGUE AND BURNOUT**

How to avoid the pitfalls of long-term stress and rewire your brain to combat fatigue and burnout.



**DIGITAL DETOX**

Reflect on the benefits of disconnecting and discover 12 steps to breaking free from technology.



**BOOST YOUR FITNESS**

How to maximise the benefits of exercise in a way that's achievable at any age and fitness level.



**GET FIT AND STAY FIT!**

Practical tips leveraging behavioural science to 'find your exercise groove'.



**REVITALISE AND ENERGISE EVERYDAY**

Practical ideas and guidance on how to reignite the body's energy using movement.



**KIDS' NUTRITION**

Understanding the nutritional requirements of school age children and winning formulas for tasty nutritious packed lunches.



**EMBRACING LIFE AS A NEW PARENT**

Tips for navigating parenthood with confidence and support.



**FERTILITY, PREGNANCY AND HEALTHY BABY**

Strategies for mum and newborn health, from preconception to postpartum.



**HEALTHY AGEING**

Uncover key science and practical advice for how to live a vibrant life in your latter years.



**BODY COMPOSITION TESTING**

Build wellbeing engagement with individual testing combined with nutritional and lifestyle advice.

**HEALTHY FOOD DEMONSTRATION**

Live food demonstration showing you how to make your own easy and healthy recipes.

**ZINC TASTE TESTING**

A fun test using a zinc solution to indicate zinc levels in the body. Zinc is an important trace mineral for many functions, from skin and immune to mental health.

**SMOOTHIE DEMONSTRATION**

Live demonstration showing you how to make easy healthy smoothies and which ingredients to include.



*Tailored on-site activities may be available on request*

**WELLBEING AT WORK TRAINING** *Get in touch for details***MENOPAUSE AWARENESS AT WORK TRAINING**

Promote a menopause-friendly workplace by improving awareness and understanding among managers and leaders, as well as equipping them with practical steps to better support employees and peers.

**GETTING STARTED AS A WELLBEING CHAMPION**

An introduction to the role covering key wellbeing concepts, health promotion and engagement, skilled conversations and practical case scenarios.

**GREAT LINE MANAGEMENT**

Equip your team leaders and line-managers with essential knowledge and skills to promote improved wellbeing and productivity within their team.

**BUILDING PSYCHOLOGICAL SAFETY**

Empower your line-managers and leaders to create a culture of psychological safety that fosters trust, innovation, and high-performing teams.

**MENTAL HEALTH FIRST AID TRAINING**

Train your workforce to foster a mental health friendly environment and provide support to staff.

**LEVEL 5 DIPLOMA IN LEADING STRATEGIC WORKPLACE WELLBEING — LAUNCHING SUMMER 2025**

Level 5 Diploma  
in Leading  
Strategic  
Workplace  
Wellbeing



## THE BUILDING BLOCKS OF A HEALTHY WORK CULTURE

### WE OFFER MUCH MORE BEYOND OUR WEBINARS!

Our multi-layered wellbeing platform is designed to provide you as an employer with all the building blocks you need to design and implement a long-term wellbeing programme that works for you, from developing a strategy to engaging diverse employees.

Our flexible approach allows you to select the building blocks that suit your needs, when you need them.

### Providing the building blocks for a healthy work culture



## Shape

Develop your wellbeing vision, **strategy** and objectives

Supporting You as a Wellbeing Lead	Developing Your Wellbeing Strategy
1-day Wellbeing Lead Training & Academy	Have Your Own Wellbeing Expert
Level 5 Diploma in Leading Strategic Wellbeing	Audit & Strategy



## Embed

Translate your strategy into everyday behaviours through **training**

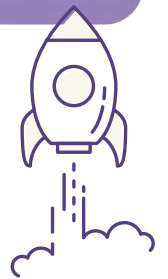
Line Managers	Wellbeing Champions	Menopause Awareness	Mental Health Awareness
Training	Foundation Training	Menopause Awareness Training	MHFA & Refresher Training
Bespoke Training Programmes	SuperChamps Ongoing CPD Training, Resources & Community	Have Your Own Wellbeing Expert	Have Your Own Wellbeing Expert



## Reach

Engage diverse employees through **health promotion** and education

Live Webinars: 60+ Topics	Onsite Activities	Content & Communications
Mental Wellbeing	Body Composition Testing	Monthly 'Done for You' Content
Prevention of Ill-Health	Live Workshops	
General Wellbeing	Healthy Food Demos	
Men's & Women's Health	Zinc Taste Testing	Toolbox Talks & Signposting
Stages of Life		
Nutrition		
Physical Activity		
Sleep, Energy & Fatigue		
Mindset & Performance		



Book a consultation with our team to create your workplace wellbeing roadmap using our 12-month programme designer.


[info@superwellness.co.uk](mailto:info@superwellness.co.uk)




For more information contact:  
[info@superwellness.co.uk](mailto:info@superwellness.co.uk)

[www.superwellness.co.uk](http://www.superwellness.co.uk)

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