



# Workplace Wellbeing

**Training Brochure**

2025

# About Us



Thought Bubbles was founded in 2017. Our early years were focused upon the education sector, specifically helping primary school teachers to develop meditation techniques to help Key Stage 1 and 2 pupils to reduce Stress & Anxiety.

Since then we have expanded our range of training and consultancy to help people of all ages to develop techniques to improve their mental wellbeing.

Our team boasts the very best in Wellbeing trainers with experience across global organisations and small businesses alike, ready to support you in improving workplace wellbeing for you and your colleagues.

# Meet the Team



## **Chris Ludlow – Head of Future Generations**

With extensive teaching experience, Chris leads our work supporting children and educators. He oversees our initiatives bringing mindfulness and wellbeing programs into Key Stage 1 and 2 schools, helping nurture resilience and emotional wellbeing in young people. Chris's passion for education and mental health drives our commitment to building a healthier future generation.



## **Lisa Upton – Wellbeing Consulting & Training Lead**

With over 25 years of experience in the wellbeing industry, Lisa brings unparalleled expertise to Thoughtbubbles. Holding a BSc in Psychology and certifications as a Neuroscience Coach, ILM Coach, and Mental Health First Aid Instructor, Lisa designs and delivers transformative training programs that empower employees and leaders alike. Her passion and depth of knowledge make her a trusted partner for clients seeking meaningful change.

# Overview

Whether you are looking to introduce a comprehensive range of workshops for your employees, improve your manager skills or run workshops in alignment with your business wellbeing focus topics or national awareness weeks, we have the workshop for your employees.

## **Wellbeing Workshops**

We offer over 20 Workplace Wellbeing Workshops to support Employees and Managers with a wide range of virtual and in-person sessions. We can also tailor our workshops to meet your company's needs.

So, whether you are looking to introduce a comprehensive range of workshops for your employees, improve your manager skills or run workshops in alignment with your business wellbeing focus topics or national awareness weeks, we believe we have the workshop for your employees.

# Workplace Wellbeing Workshops

## Mental Health Awareness and Understanding

1. An Insight into Mental Health
2. Cultural Disparities of Mental Health
3. Language and Mental Health
4. Making Sense of Perception and Overcoming Unconscious Biases
5. Understanding Neurodiversity
6. Wellbeing through Inclusivity
7. Understanding Addiction

## Stress Management and Resilience

1. Managing Stress and Avoiding Burnout
2. Understanding & Building Resilience
3. How to Regulate Yourself in an Unregulated World
4. Nurturing Healthy Relationships
5. The Science of Meditation
6. Imposter syndrome explained
7. Supporting Carers in the workplace

## Health and Wellbeing

1. Women's Health
2. The Menopause
3. Men's Health
4. The Andropause
5. Seasonal Living
6. The Science of Sleep
7. The Science of perception

## Specific Mental Health & Wellbeing topics

1. Addiction in the Workplace
2. Eco Anxiety
3. Navigating Separation & Divorce
4. Navigating Infertility
5. Supporting Cancer in the Workplace
6. Supporting Neurodiversity in the workplace
7. Understanding Domestic Abuse

# Wellbeing Training for People Managers & MHFA



# Mental Health Training for Managers – Overview

Whereas our Workplace Wellbeing Workshops equip individuals with a heightened understanding of wellbeing, we offer an elevated training programme for People Managers, helping them to better understand how they can support their team members.

These 90 minute sessions can be delivered as stand-alone workshops, however real change and empowerment is achieved through the delivery of these as a trilogy, one session each month over three months.

## **Sessions Sequence**

Month 1 – An Insight into Mental Health

Month 2 – Understanding & Building Resilience

Month 3 – Making Sense of Perception and Overcoming Unconscious Bias



# Mental Health First Aid Training

This section details the accredited Mental Health England Training our qualified instructor is ready to deliver for your business and our bespoke Mental Health First Aid Refresher and Supervisory programme.

MHFA England – Accredited Training to create knowledgeable advocates and set a foundation of Mental Health understanding in your organisation

- Mental Health First Aid
- Mental Health Aware
- Mental Health Champion

Thought Bubbles – A continuous improvement and support approach to Mental Health First Aid

- Mental Health First Aid Refresher & Supervisory Programme



# MHFA Refresher and Supervisory – Overview

We provide a programme of Mental Health Training to support your existing Mental Health First Aiders (MHFA's).

We recommend a three phase programme, starting with a Refresher with Supervisory Support to ensure learning is embedded and support is available, followed by a regulatory MHFA England refresher when individuals are required to undertake.

## **Webinar Overview:**

- Phase One – Thought Bubbles MHFA Refresher Workshop
- Phase Two – Monthly Supervisory Calls
- Phase Three – Accredited Mental Health England MHFA Refresher



# Other available workshops:

**Managing  
Uncertainty and  
Building Resilience**

**An Insight into  
Mental Health**

**Managing Stress  
and Avoiding  
Burnout**

**How to regulate  
yourself in an  
unregulated world**

**Language and  
Mental Health**

**Addiction in the  
Workplace**

**Eco Anxiety**

**Cultural  
Disparities of  
Mental Health**

**Navigating  
Separation &  
Divorce**

**Nurturing Healthy  
Relationships**

**Understanding  
Neurodiversity**

**Women's Health &  
The menopause**

**The Science of  
Sleep**

**Men's Health & The  
Andropause**

**Perception &  
Biases**

**Navigating  
Infertility**

**Understanding  
Domestic Abuse**

**Supporting Cancer  
in the Workplace**

**Wellbeing through  
Inclusivity**

**Understanding  
and Building  
Resilience**

Bespoke sessions also available.

# Contact Us

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