

What we offer

Strengthening your people's wellbeing



STRATEGY

WELLBEING ASSESSMENT AND PLATFORM

The Umbrella Digital Platform hosts our online surveys (Wellbeing Assessment and Wellbeing Pulse), alongside a Knowledge Library containing more than 100 wellbeing resources.

Employees receive personalised wellbeing reports, while organisations have access to an interactive dashboard and comprehensive wellbeing report with insights into the unique wellbeing opportunities for the organisation, based on best practice scientific research.

WELLBEING STRATEGY

Consulting support for developing wellbeing strategies with boards and leadership teams, aligned with their overall people strategies.

COACHING AND CONSULTING

Our team are able to provide additional consultancy support to help you navigate your organisational wellbeing needs. This includes facilitating strategic planning workshops, group or individual wellbeing coaching for leaders, and professional supervision for staff whose roles include supporting wellbeing.

THOUGHT-LEADERSHIP

Our research team keep on the leading-edge of psychological best practice, particularly in workplaces.

We share this research in both our workshops and our monthly newsletter online.

As psychologists we bring our expertise in behaviour change to help your people navigate stress and promote mental health so they, and your business, can thrive in today's world.

WORKSHOPS FOR TEAMS

	RESILIENCE	MENTAL HEALTH	ADDITIONAL OFFERINGS
Half day <i>(In-person or online)</i>	<ul style="list-style-type: none"> • Thrive 		<ul style="list-style-type: none"> • Challenging Conversations and Resilience
Full-day <i>(In-person only)</i>	<ul style="list-style-type: none"> • Strengthening Resilience 	<ul style="list-style-type: none"> • Mental Health Awareness 	<ul style="list-style-type: none"> • Resilience E-learning modules

WORKSHOPS FOR LEADERS

	RESILIENCE	MENTAL HEALTH
Half day	<ul style="list-style-type: none"> • Leading High Performing Teams (In person only) 	<ul style="list-style-type: none"> • Understanding Mental Health in the Workplace (In person or online)
Full-day <i>(In-person only)</i>		<ul style="list-style-type: none"> • Promoting Mental Health at Work • Managing Mental Health (Umbrella's MHA training required first)

60- OR 90-MINUTE OVERVIEWS *(In person or online)*

FOR TEAMS	FOR LEADERS	FOR ELT'S
<ul style="list-style-type: none"> • Strengthening Resilience: An Introduction • Mental Health Awareness: An Introduction • Flourish (positive psychology) • Shifting the Frantic • Resilience during Uncertain Times 	<ul style="list-style-type: none"> • Creating a Culture of Wellbeing in Dispersed Teams 	<ul style="list-style-type: none"> • Managing Mental Health: An Introduction • Leading High Performing Teams: An Introduction