



THE
Wellbeing
Collective



E-Learning Hybrid Solutions



www.thewellbeingcollective.co.uk



'Stride' is The Wellbeing Collective's digital suite of stackable online resources. Comprising of a host of interactive modular courses and state of the art learning management system, our recent national training course for NHS England was described as the most creative and engaging of any that they had seen.

With multiple online programmes that have received national acclaim, TWBC's in-house creative capability and capacity enables us to turn co-created content into engaging and intuitive material that meets the most diverse audiences, at pace and to an exceptional quality.

Built on 3 key elements: lived experience, adult-to-adult education and positive psychology, and with a key focus on a growth mindset and embedding continuous learning in your home, work and community, every course provides tools, downloads, resources and consolidation questions throughout, to ensure you are equipped to always re-evaluate, keep an open mind and keep learning.

Unlike traditional e-learning templates, we provide online learning that allows the learner to think critically, reflect and explore real experiences in order to develop their personal understanding. We are so confident our e-learning is like nothing you have used before, we will give you a free 1-hour demonstration!



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Our Technical Design team is on hand to support you with conception, build and installation, enabling you to embed a cutting-edge online programme. TWBC prides itself on offering:



Personalised branding and tailored content, underpinned by your values and strategic objectives.



Practical, bite-sized, interactive material including:

- Internationally researched and tested practical tools,
- Fillable PDFs,
- Podcasts and videos,
- And in-house graphics.



Course design allows flexibility of user to go at own pace, and where applicable, away from a screen.



WCAG 2.1AA accessibility compliance.



Accessible across multiple devices including mobile app.



Option to download course as PDF.



Advanced bookmarking and Wi-Fi alert system.



Available via TWBC LMS or SCORM and xAPI files.



Cyber Essentials Plus and CPD accredited.



A suite of e-learning
stackable materials

**Personal
Mastery**

EDI

**Health and
wellbeing**

**Wellbeing: a
trauma
informed
guide**

**Personal
impact and
presentation
of self**

**Coaching
skills**

**Appreciative
Inquiry**

**Digital
guides**

Wellbeing: A Trauma Informed Guide

This course is based upon Trauma Informed Practice principles as defined by the Department of Health & Social Care (2022), and is aimed at helping you to understand how stress and trauma can impact you at work.

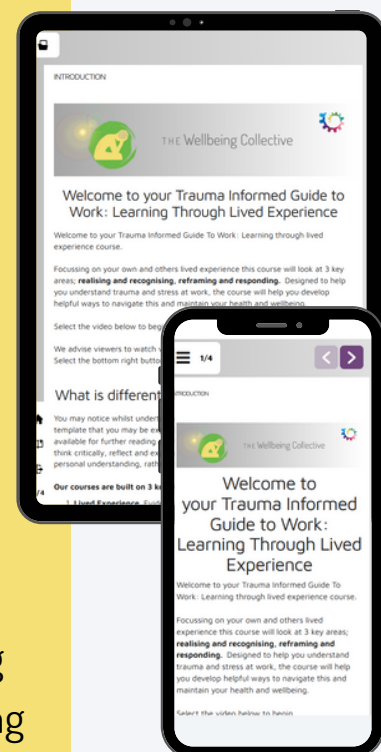
The Wellbeing Collective's course is grounded in the understanding that exposure to repeated stress and trauma can impact an individual's neurological, biological, psychological and social development. These principles are applicable more broadly across a range of different working sectors and settings. The learning here is intended as a guide to harness this understanding in order to assist in day-to-day working life, often in complex and pressurised circumstances.

Rooted in researched models and experiential learning, it will focus on your own and others' lived experience. This course has three parts:

- Realising, Recognising and Reflecting.
- Resisting, Reframing, Responding.
- Resilience, Recovery and Wellbeing.

For each step, you will hear from a subject matter expert who will guide you through the learning and lived experience of others as well as have access to blogs written by those who have experienced trauma and how they responded.

Packed with practical tips and ideas for supporting those experiencing trauma, the course contains interactive elements throughout, including videos, podcasts, activity booklets and thought-provoking questions.



Equity, Diversity and Inclusion

Are you looking for a course that enables psychological safety through building allyship? Perhaps you want to reduce staff conflict by increasing empathy? If so, the expert team at The Wellbeing Collective has developed an online course that fits seamlessly into your current training.

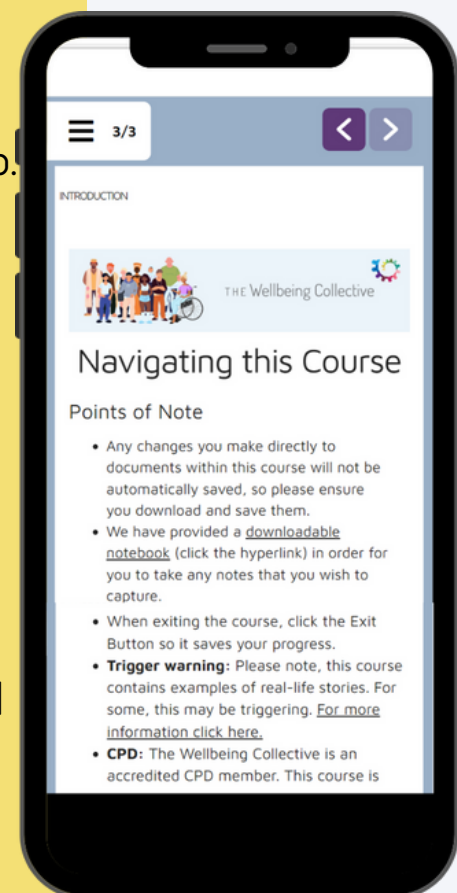
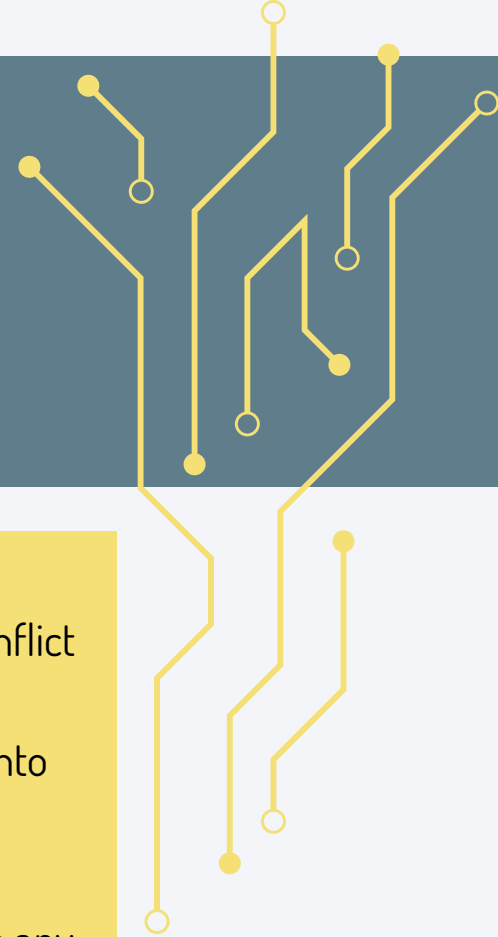
Purchased per topic or as a whole course, it can also harmonise any existing EDI training. The Wellbeing Collective can help you reach an even broader range of employees whilst complementing team and organisational development.

The 4 module course is written with a diverse range of people and occupations in mind, so there's no jargon or complex language. We simply teach you in an accessible format about everything you need to know to understand bias, privilege and active allyship.

Based on real people talking about their lived experiences, the course covers all the essential topics, including:

- Assumptions and perceptions,
- Privilege,
- Active allyship,
- Application of your learning at home, work and community.

Packed with practical tips and ideas for supporting organisational conversations, the course contains interactive elements throughout, including videos, podcasts, activity booklets and thought-provoking questions.



Personal Mastery: Self-Development at Work

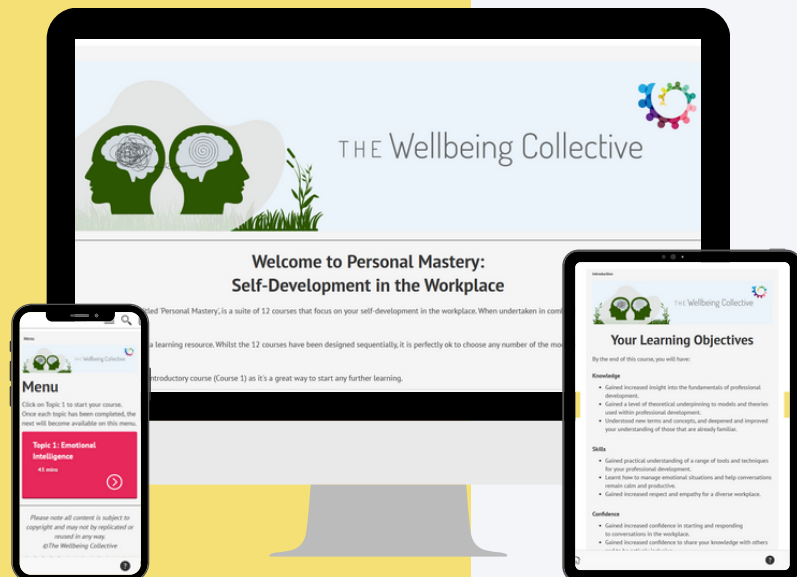
Are you looking for a bespoke management training programme? Perhaps you want a couple of courses focussing on areas specific to you or your team? Or maybe you are after a suite that provides comprehensive management development training? Our inclusive 'Personal Mastery' programme can support you today!

Built as a custom suite of 12 courses that focus on your self-development in the workplace, it provides a flexible and accessible route to training. The programme works as a scaffold, enabling you to pick either the courses most relevant to your needs, or when taken in combination, provides an entire development programme.

The 12 courses are written with a diverse range of people and occupations in mind, so there's no jargon or complex language. We simply teach you in an accessible format about everything you need to know to understand your self-development in the workplace.

Packed with practical tips and ideas for supporting professional and personal development, the courses contain interactive elements throughout, including videos, podcasts, activity booklets and quizzes to embed the learning.

Because the Personal Mastery programme is delivered online, learners from all over the world can learn from our experts, at their own pace, on their choice of device, in the comfort of their own home or workplace.



Modules and Topics



1 **Core module**
Emotional Intelligence, Diversity and Inclusion, Goal Setting.

2 **Wellbeing module**
Balance, Emotions, Wellbeing Planning.

3 **Communication module**
Thoughts, Feelings, Behaviours, Coaching Skills, Courageous Conversations.

4 **Achieving module**
Aiming High, Growth Mindset, Learning Styles.

5 **Relationships module**
Empathy, Rapport, Working with Conflict.

6 **Teams module**
Cohesion, Psychological Safety, Feedback.

7 **Partnership module**
Learning Systems, Beyond Boundaries, Influencing Others.

8 **Culture module**
Understanding Culture, Values, Cultural Guardians.

9 **Leading module**
Leadership Styles, Roles of Leaders, Social Leadership.

10 **Creativity module**
Our Creative Brains, Growing Creativity, Leading Creativity.

11 **Positivity module**
Positive Psychology, Appreciative Inquiry, Co-Production.

12 **Change module**
The Neuroscience of Change, Planning for Change, Disruption & Innovation.

THE Wellbeing Collective



We are a people-development company with a difference

“Making every conversation count, and every action add value.” The Wellbeing Collective is a people-development company that offers individuals, organisations and communities simple solutions to complex issues.

As a trusted national partner working with NHS, public, private and third sector organisations, TWBC uses positive psychology as the golden thread to support health and wellbeing in all that we do.

For more information about us, including our values and testimonials, please visit www.thewellbeingcollective.co.uk.



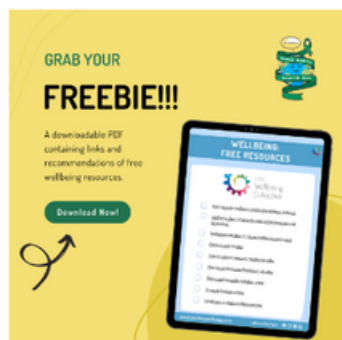
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Free Resources



Digital Wellbeing Journal
£0.00



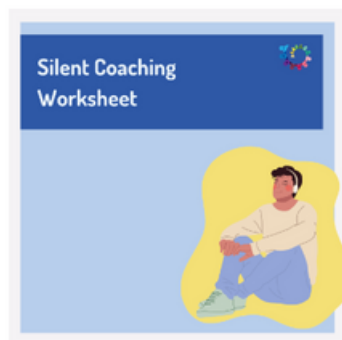
Free Wellbeing Resources List
£0.00



Improving my wellbeing and finding balance:
Podcast activity booklet
£0.00



Silent Coaching (Loneliness specific) Exercise
£0.00



Silent Coaching Exercise
£0.00



Team Development Activity
£0.00



Unconscious Bias Booklet
£0.00



Wellbeing and stress at work resource pack
£0.00

The Wellbeing Collective has a wide range of free resources available on our [website](https://www.thewellbeingcollective.co.uk), [YouTube](https://www.youtube.com/channel/UC...) and [podcast](https://www.thewellbeingcollective.co.uk/podcast) channels, including activity packs, an introduction to wellbeing course and handbooks. New resources are added frequently and are proving to be extremely popular across public and private sectors.

To learn more visit our website: www.thewellbeingcollective.co.uk




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