

Increase productivity with our corporate wellbeing solutions

Chakra's training has been built to increase mental strength and resilience to high levels of stress, using early intervention for increased productivity.

We might not always be able to see mental health at work and mental health in business can seem like a huge area; sometimes HR professionals just don't know where to start. It might also seem that exploring mental health at work means we are opening a can of worms, creating lots of uncertainty around what kinds of issues might surface.

So why bother?

When staff are mentally unwell, there is a significant cost to business. This is estimated to be between £33-42 billions pounds every year. No business is immune to staff becoming mentally unwell and research suggests that 1 in 4 people are likely to struggle with their mental health during their lives. Productivity and performance are hit hard due to absenteeism and presenteeism. The latter comes at the greater cost; presenteeism is understood to contribute two thirds to the total cost of mental ill-health at work.

There are a number of reasons staff may be present but not performing:

- Fear of the stigma and perception of being weak
- Denial or lack of understanding around their mental health circumstances
- Fear of losing their job or not being paid if they take time off
- Fear that appropriate support is not available
- Fear that they will not be believed

The good news

The good news is that supporting mentally unwell staff does not have to take a huge effort or cost the earth and businesses can start by making mental health conversations part of their culture. This is an important part of tackling the problem as open conversation will help us to understand where the specific issues lie in our businesses. A mental health course such as the one below can give people a solid understanding of how they can take control of their own mental health circumstances and support others in doing the same.

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Call us on 0113 479 0292 | info@chakracorporate.co.uk | www.chakracorporate.co.uk



CHAKRA
Corporate Mental Strength

Feeling the Chakra benefit...

BYTEMARK

PAVERS

LivingCare

DAILY EXPRESS

MINT
HUMAN RESOURCES

TranQuality



Alcumus
Safer. Healthier. Stronger.

KIRKLEES COLLEGE

MACCOMMS

AMS
Rehab Across Boundaries

NEUPC

PUMA

BOULTING

time to change
let's end mental health discrimination

henry
Helping Staff, Helping Teams

ASU
All in the same cup

CIPD

JOURNEY FURTHER

blatchford

Be in the moment and develop your focus

Mindfulness Meditation

The philosophy is that the human brain has evolved so incredibly since the days we were cavemen and cavewomen, that we now begin to solve problems that haven't even occurred.

We are often imagining the possible outcomes to situations in the present, therefore thinking in the future and this can evoke anxiousness. If we are not thinking about possible outcomes in the future, it is likely that we are reflecting on events that have happened in the past and reinforcing their impact on us; this can elicit feelings of low mood.

This experiential session will introduce the ancient Buddhist roots of mindfulness and investigate how it has evolved with modern application. The simple concepts of mindfulness have gained popularity in many businesses in recent years and employees across the world now embrace it to be more productive and feel calmer by giving more attention to the present moment. We will explore how mindfulness meditation can aid and heal multiple physical and mental health conditions including stress, anxiety, depression, addiction and chronic pain.

We will end with a practical demonstration of mindfulness and be able to reap the rewards of immediate calm and relaxation as well as developed focus.

Course sections can be split and delivered in a way that meets your business needs and the time-availability of your staff.

Outcomes:

- How to give full attention to the present moment as oppose to mental distractions from the past and future
- How to feel calmer and more relaxed, instantly
- How to reduce anxiety and low mood
- How to silence the distractions of the world around you
- How to make decisions faster
- How to improve social relationships

Ideal for any staff that are interested in improving their mental health.

Course length: 2 hours

Group size: 8-15

Location: Your workplace

Call us on **0113 479 0292** to find out more or to book a course.
Or you can always email us on: info@chakracorporate.co.uk

Not ready to book a full course? Why not try a 2 hour taster session?

