

# OPENMIND WELLBEING

**The wellbeing catalogue**

Sustainable Workplace Wellbeing



# The Wellbeing Catalogue

## The services we offer



*Tech as an enabler*

*Turning pain points into invaluable assets*

Thank you for taking the opportunity to explore what services OpenMind and its partners are able to offer to workplaces across the UK to support their wellbeing programmes.

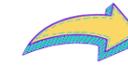
We are currently in a transitional phase, this pack is an overview of offerings that are currently being digitised so they can be searched for and booked directly from the OpenMind platform. Using technology and our model of CARE.

We are aiming for the digital Wellbeing Catalogue to be released in the OpenMind platform in Spring 2020. Until then, all offerings can be manually requested

If you cannot find an offering in this pack, please contact us as our portfolio is growing.

### CONNECT

**Fully vetted services**  
focusing on social & community based activities delivered live both on-site and virtually.



### ADMINISTRATE

**Streamlined administration**  
from scheduling, employee communications, registration processes, invoicing, payment and more.



### E VOLVE

**Evolve with purpose**  
Value add time to spend where it counts. Evolve with your people's needs efficiently and responsibly.



### REPORT

**Regular insightful reporting**  
enabling transparency of the value on investment and the impact on your people's wellbeing.

# The Categories

## Our wellbeing service catalogue



- With the rise of flexible working and distributed teams we have a range of offerings that can be offered in the workplace, but also be delivered virtually.
- We have grouped the offerings to make it simpler to be able to search.
- Each of the offerings listed are delivered by vetted local wellbeing providers.
- Please contact us for more details around specific session details under offerings that are of interest.
- Rates for an offering are set by the providers for most of the sessions; note that rates are the same as if booking directly with a partner.

### Strategy & Assessment

Supporting a workplace assess their unique wellness needs to develop a dynamic wellbeing strategy that takes a proactive and preventative approach, driven by your employees and monitored with KPIs.

### Awareness Workshops

Engaging workshops to raise awareness and knowledge across our wellbeing spectrum; spanning physical, mental, emotional wellbeing and also into inclusion and diversity.

### Community Activities

Social interaction and the formation of community has a significant impact on all aspects of wellbeing; helping us connect with each other.

### 1 to 1 Services

Bespoke sessions for individuals delivered in the workplace or virtually; from coaching to massage.

# High-level overview

## What we connect to



Free / Subsidised Wellbeing Programme via rewards on Corporate spending

By registering a workplaces corporate credit cards onto the LUX system, the company will receive up to 10% of the total spent in LUX affiliated venues back in reward points. These points then fund OpenMind Wellbeing services in your offices. Power your wellbeing agenda for free with LUX Rewards

# Strategy & Assessment

## The services we offer



### Description

In partnership with our service partners we will work with you to create a relevant and impactful employee wellbeing strategy taking into account the physical, mental, emotional, social & financial wellbeing.

The approach taken very much centres around the needs of your employees, the strategy of the workplace, leadership support and your budget, this is unique to every workplace.

When working with you we want to ensure what is designed is sustainable and drives both a value of investment to your people and a return on investment to your business.

The process involves conducting a current state assessment through value based surveys and focus groups. From this, the results are analysed and discussed with the leadership and employees to agree tangible next steps, outcomes and measures.

A roadmap for your wellbeing strategy is produced with support around how to implement your tailored wellbeing programme.

If you continue to work with OpenMind in the delivery phase, data and insights will be fed back as part of the CARE model.

# Awareness Workshops

## The services we offer

Title	Offering Description	Virtual	On-site
Mental health	Preventative strategies are by far the most effective when it comes to Mental Health, meaning early education is key. Offerings include Mental Health First Aid (MHFA), Mental Health for Managers and supporting Mental Health Champions within the workplace	✓	✓
Stress, resilience & confidence	Self-esteem and self-confidence form a big part of our whole wellbeing. Being able to identify our inner resources, our inner confidence can help us become more resilient. To help identify, reduce and manage the risk of workplace stress and improve employee resilience and wellbeing.	✓	✓
Happiness, motivation & mindset	Inspire, motivate and develop individuals to achieve their full potential. Ideal for anyone who wants to create or maintain healthy habits improve physical and mental wellbeing.	✓	✓
Time management & productivity	When we learn to manage our time more effectively, we are much less likely to feel stressed and overwhelmed. Designed to improve productivity, build confidence and control in our day to day.	✓	✓
Emotional intelligence (EQ)	Authenticity and emotional intelligence are essential in the workplace today, those who possess a higher level of emotional intelligence are able to better use intuition, empathy & self-awareness to succeed at work	✓	✓
Nutrition (including gut health)	Often we can improve our energy levels, the quality of our sleep and our mood using nutrition alone. Just like athletes, the right nutrition and lifestyle choices can make the difference between a winning performance at work and not.	✓	✓
Sleep	In today's working world it can easily feel like you don't have enough hours in the day and it's often our sleep that suffers. The busier we are the more we need to give our bodies and brains time to rest, recover and regenerate. Learn more about the nature of sleep and how it impacts our behaviour, mood and performance.	✓	✓
Menopause	Menopause is a natural stage of life for women, as a woman's oestrogen levels decline. For many women symptoms last about four years, but in some cases can last longer - up to 12 years. Awareness and guidance for women and men alike to understand the stages, symptoms and how it may impact performance in and out of the workplace.	✓	✓
Parental wellbeing	Children's wellbeing is closely bound to their parents' wellbeing. Learn how to stay on top of your game and juggle the demands of being a working parent	✓	✓
Financial wellbeing	Having a sense of security and feeling. It's about being in control of your day-to-day finances and having the financial freedom to make choices that allow you to enjoy life. Considering the different stages in life – different types of saving vehicles, mortgages, pensions and managing finances.	✓	✓
Inspirational Speakers	Get a dose of wellness inspiration with a talk from one of our speaker, lead through personal stories covering mental health, resilience and motivation and empathy.	✓	✓
Unconscious Bias	Every single one of us has unconscious bias. Unconscious bias and a lack of knowledge about inclusion are two of the biggest blockers of a truly inclusive organisation. Engaging, interactive workshops to help people understand these topics, and the actions they need to take to create an inclusive workplace.	✓	✓

# Community Activities (Group Activities)

## The services we offer



Title	Offering Description	Virtual	On-site
Yoga	Mat based yoga class within your own workplace. The practice is defined as the control of the mind, encompassing physical postures, breathe control and meditation. It helps to relieve stress and improve health	✓	✓
Desk Side Yoga	Chair yoga is a gentle practice suitable for the office, and in work wear. Here postures and breathing exercises are performed while seated and are delivered virtually	✓	
Introduction to Meditation	Introducing how meditation can be used to transform the mind and become more aware of your thoughts, become in control of how they influence what you do and how you feel. The session includes both background into science and research as learning techniques and last 60 minutes.	✓	✓
Desk Side Meditation	A series of short guided meditation (30 min) delivered live virtually, typically building on themes each week while providing context of the practice	✓	
Mindfulness	Mindfulness is moment-to-moment awareness of one's experience, without judgement. Our sessions are tailored on a case by case basis and could focus on; self esteem, positive thinking, self-compassion, cultivating happiness and kindness based approaches. (Typically delivered as an introduction, then a 6 week course)	✓	✓
High Intensity Interval Training (HIIT)	HIIT includes short bursts of intense exercise alternated with low-intensity recovery periods. HIIT is quick and anything but boring, as its exacting work-to-rest ratios make it arguably the most time-efficient way to exercise and burn calories.		✓
Pilates	Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.		✓
Breathwork	Breathing is a basic, instinctive act that is both voluntary and involuntary. It happens whether we think about it or not - but it can be controlled. It influences every part of our mental and physical state. So if we begin to do it more consciously, we can access deeper parts of ourselves.		✓
Sound & Gong baths	Sound & gong baths are in no way watery. The bath is figurative. The sound and vibrational energy of gongs is an ancient and powerful tool used to help still the mind and allow the body to deeply relax. In this state, we can begin to process and release blocks, come to deep physical relaxation.		✓
Tea Workshops	Tea will always be with us, an essential part of most people's lives. As the second most drunk beverage after water (no, it's not coffee!) tea is popular the world over. From mindful tea experiences, to making your own blends or being immersed in in an authentic tea ceremonies.		✓
Workplace choirs, music & voice	Inspiring and uplifting sessions run by dynamic conductors and are instrumental in cultivating a stronger sense of community at work.		✓
Crafts & Creativity	Whether you think yourself as creative or not, crafts & creativity sessions are great to learn new skills, make something to be proud of and experience the proven benefits of getting in the flow of creative exploration. It also creates positive environments to have meaningful conversation with colleagues encouraging more social inclusion.		✓

# 1 to 1 Services

## The services we offer



Title	Offering Description	Virtual	On-site
Nutrition coaching	Bespoke coaching designed to embrace healthy eating lifestyle and provide a greater understanding of digestion and diet. Often the coaching will explore the close connection between our stress response, 'fight or flight' and rest and recovery response 'rest & digest'.	✓	✓
Coaching	Tailored session to equip individuals with the tools, knowledge, and opportunities they need to fully develop themselves to be effective in their life.	✓	✓
Ergonomic assessments & posture clinics	Poor workstation design may lead to fatigued, frustrated and injured employees; it rarely leads to a productive employee. With the increase in flexible working we consider posture and ergonomic that involve training the body to stand, walk, sit and lie in positions where the least strain is placed on supporting muscles and ligaments.	✓	✓
Counselling / office hours	Empathetic and accessible counselling, provide a safe space for employees discuss any issues which may be troubling an individual without any judgement.	✓	✓
Chair massage / VR Massage	A chair massage focuses on the areas of your back, shoulders, neck, arms, and hands with the most tension. You are massaged over your clothes without any use of massage oil. Options of utilising a virtual reality headset while having a chair massage are available.		✓
Biometric health testing	Measures some basic physical characteristics like height and weight, blood analysis and heart variability, as well as several other health indicators. These numbers provide a snapshot of your overall wellbeing and can provide insights into how to improve wellbeing	✓	✓