

WELLBEING EXPERIENCES

hemsleyfraser

We believe that employees mental health and wellbeing is critical to building a healthy culture and a productive workforce.

This is the type of wellbeing experience HF can deliver to your organization, either to smaller cohorts or enterprise-wide.

Access our Hub for content on:

MENTAL HEALTH

SELF-TALK

SELF-CARE

MANAGING STRESS & ANXIETY

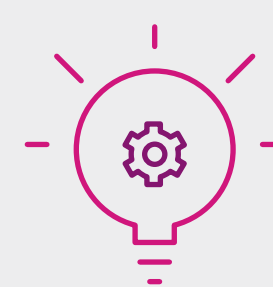
WELLBEING

FINANCIAL WELLBEING

POSITIVE PSYCHOLOGY

DIGITAL DETOX

This content is delivered in a variety of ways



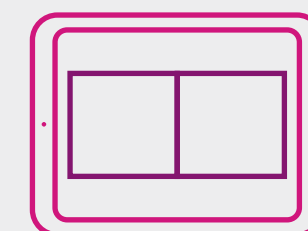
Articles



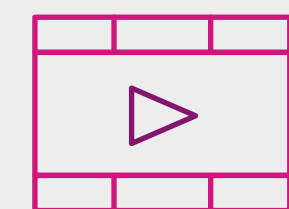
Infographics



Podcasts



Flipbooks



Videos

To support our digital content we have a range of virtual instructor-led classes for up to 20 delegates at a time

Expert-led Virtual Learning

Wellbeing

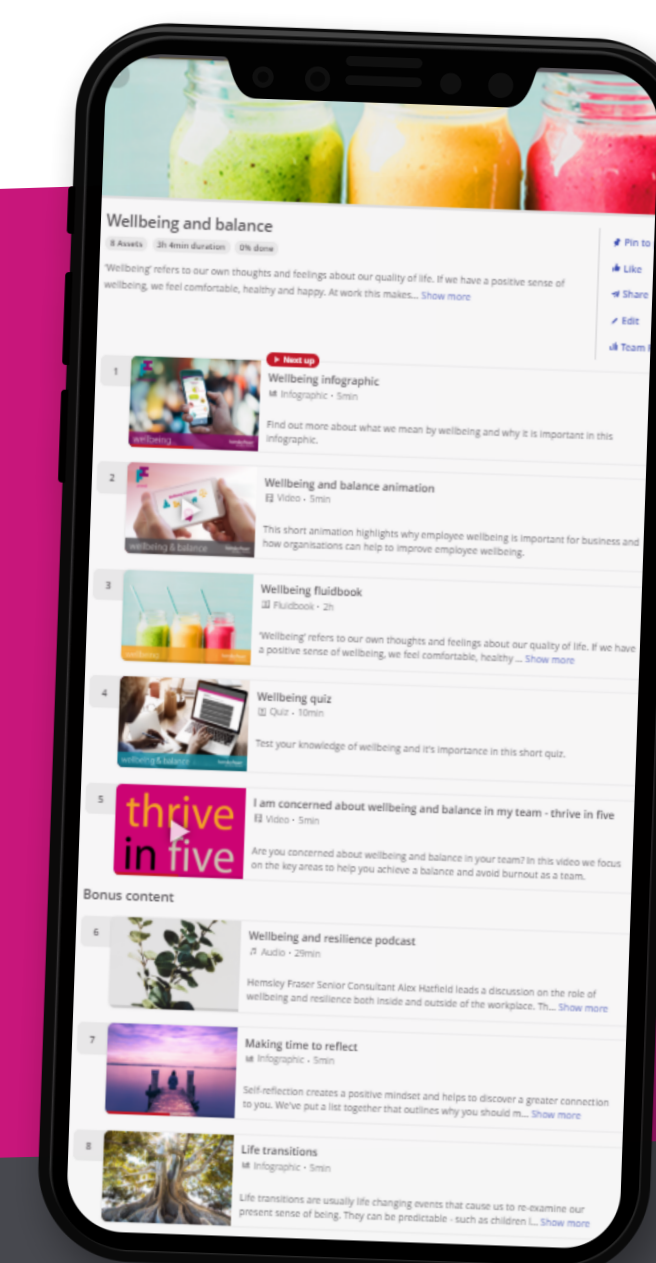
Resilience

Mental health in the workplace

TRY THE HUB



Click here to see wellbeing content



We can blend these online learning services with live practice sessions delivered over a virtual platform



Meditation classes



Yoga classes



Mindfulness



Coaching/mentoring

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