



BUSINESS PACKAGES

*See what PALS have to offer you
and your employees to support
wellbeing and mental health.*



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Who are PALS ?

In today's fast-paced world, the need for mental health and wellbeing support in the workplace has never been greater. At PALS (Preventing anxiety, loneliness and stress) our ethos is simple: prevention over cure. We believe that by taking proactive steps to support your employees, we can create a happier, healthier, and more productive workplace.

Our innovative PALS business program is designed to help organisations take a preventative approach to mental health and wellbeing. Using a combination of assessments, workshops, and our wellbeing index, we work with organisations to identify areas of concern and provide tailored support to help promote positive mental health.

By investing in the mental health and wellbeing of employees, organisations can reduce the risk of stress, anxiety, and loneliness, and create a more engaged, productive, and satisfied workforce. With our flexible delivery options, including half-day and full-day workshops, webinars, and digital sessions, PALS makes it easy for businesses of all sizes to invest in the mental health and wellbeing of their employees.

At PALS, we are passionate about making a positive impact on the mental health and wellbeing of employees across all industries. Join us in our mission to prevent, before cure, and create a happier, healthier, and more productive workplace today

Annabel Palmer

TRUTH QUOTE



*Intellectuals solve problems,
geniuses prevent them
~ Albert Einstein ~*

What do PALS offer?

Take control of your employees' mental health and wellbeing with our PALS services. Our comprehensive approach combines a tailored assessment, expert-led workshops, and a wellbeing index to provide a comprehensive understanding of your workforce's needs.

WORKSHOPS

We offer half-day and full-day workshops, delivered either digitally or in-person, to suit your schedule and preferences. Our workshops are tailored from the results of our PALS assessment, ensuring that each session is tailored to meet the specific needs of your employees.

WEBINARS

In addition to the workshops, we also offer smaller webinar sessions, allowing you to choose the level of support that's right for your organisation. With our wellbeing index, you can benchmark your progress and track the impact of your mental health and wellbeing initiatives over time.

WELLBEING DAYS

Think your team deserve some time to reset and boost their wellbeing? PALS offer the opportunity for you to hand over the 'time out' baton to them. Let PALS organise a morning or afternoon for your team to enjoy, whether it be a sporting activity, some puppy therapy or a delivery of coffee and cake, we take control.

What is a PALS Assessment?

The PALS mental health and wellbeing assessment is a valuable tool for corporations looking to improve the mental health and wellbeing of their employees.

This assessment is conducted through a questionnaire and is designed to identify areas in which employees may be experiencing anxiety, loneliness, or stress. The assessment provides a comprehensive understanding of the overall mental health and wellbeing within your workplace.

Based on this information an extensive report is then created, which allows corporations to tailor their workshops and programs to meet the specific needs of their workforce, alongside providing targeted support to help employees manage and overcome highlighted challenges.

The PALS assessment is an effective way to promote a positive work environment and encourage employee engagement, satisfaction, and productivity.



OUR WORKSHOPS

PALS have a variety of workshops on offer and are keen to ensure our services provided are tailored specifically to your companies needs, we are therefore consistently upskilling. Below is a selection of workshops we are currently offering.

1. **Mindfulness and Meditation:** A workshop that focuses on teaching employees mindfulness and meditation techniques to help them manage stress and improve their overall wellbeing.
2. **Resilience Building:** A workshop that focuses on building resilience and helping employees to cope with challenges and change in the workplace.
3. **Stress Management:** A workshop that teaches employees practical strategies for managing stress, including time management, self-care, and coping with difficult emotions.
4. **Life-Work Balance:** A workshop that helps employees find a balance between their work and personal life, and provides tips for reducing burnout and improving their overall wellbeing.
5. **Team Building and Communication:** A workshop that focuses on improving communication and collaboration among team members, and building a positive team culture.
6. **Nutrition and Physical Activity:** A workshop that provides employees with information on healthy eating and physical activity, and encourages them to adopt healthy habits for improved wellbeing.
7. **Mental Health Awareness:** A workshop that raises awareness of mental health issues and provides employees with information and resources for improving their mental wellbeing.

***Exclusive workshops also available with guest speakers and professionals in exciting areas.**

EXAMPLE WORKSHOP

Half-day workshop on sleep and stress management for wellbeing:

Introduction (30 minutes)

- Welcome participants and provide an overview of the workshop objectives.
- Explain the connection between sleep, stress, and overall well-being.
- Discuss the negative impact of poor sleep and stress on mental and physical health.

Sleep Hygiene (45 minutes)

- Discuss the basics of good sleep hygiene, including the importance of a consistent sleep schedule, creating a sleep-conducive environment, and avoiding screens before bedtime.
- Lead a workshop on creating a sleep-conducive environment and personal sleep routine.
- Discuss common sleep problems and provide tips and resources for improving sleep quality.

Stress Management Techniques (1 hour)

- Discuss the negative impact of stress on health and well-being.
- Lead a workshop on stress management techniques, including mindfulness, deep breathing, and physical activity.
- Facilitate a group discussion on the challenges and successes of incorporating stress management techniques into daily life.

Mindfulness and Relaxation (45 minutes)

- Discuss the benefits of mindfulness and relaxation for reducing stress and improving sleep.
- Lead a mindfulness exercise and guided meditation session.
- Provide tips and resources for practicing mindfulness and relaxation in daily life.

Conclusion (30 minutes)

- Summarize the key points covered during the workshop.
- Encourage participants to implement what they have learned in their personal and professional lives.
- Provide resources and support for ongoing stress and sleep management efforts.
- Close the workshop with a final mindfulness or meditation session to help participants internalize what they have learned.



OUR WEBINARS

Our Webinars, like our workshops, are designed to be tailored around you and your employees. At PALS we enjoy having interactive and thought provoking webinars and like to ensure a safe and respectful place is created in order to facilitate the best experience is enjoyed by all attendees. We encourage involvement from as many guests as possible, however respect that some would rather just listen so audience participation is not essential. PALS follows charter house rules throughout all online interactions.

- BUILDING EMOTIONAL RESILIENCE
- HAPPINESS CREATIONS
- STRESS LESS
- CULTIVATING POSITIVE MINDSET
- MOTIVATION AND PRODUCTIVITY
- WORK FROM HOME WELLBEING
- COMMUNICATION
- CONFLICT RESOLUTION
- RECOGNISING ILL MENTAL HEALTH
- SELF AWARENESS
- GOAL SETTING
- CONFIDENCE BUILDING
- PRACTICAL APPLICATION
- MINDFULNESS BASICS
- FINDING MY PURPOSE



PALS Pricing

At PALS, we understand that every organisation is unique, and there is no one-size-fits-all approach to promoting mental health and wellbeing in the workplace. That's why we offer personalised packages pricing based on an assessment of your workplace needs. Our assessment process involves an in-depth evaluation of your organisation to identify areas that may benefit from mental health and wellbeing workshops. Based on the results of the assessment, we can tailor our workshop, webinar and seminar offerings to meet the specific needs of your workplace. This personalised approach ensures that you get the most value out of your chosen package, and your employees can benefit from the tools and strategies that are most relevant to their work environment.

Our assessment process starts with a comprehensive evaluation of your workplace, and we charge a flat fee of **£500** for this service. This fee is redeemable against your chosen package with us should you choose to proceed. Our workshop pricing is then based on the results of the assessment and the specific requirements of your workplace. We work with you to develop a pricing package that **fits your budget** and meets your needs.

Contact us to schedule an assessment and learn more about our personalised pricing packages for mental health and wellbeing. We look forward to working with you to create a healthier, happier workplace

Testimonials



It's often challenging to take a step back from the day-to-day, so spending time with you, Annabel, was a breath of fresh air as you shared your knowledge and experience on emotional resilience. Some enlightening takeaways that you brought to life with some great examples. You helped shape several concepts and ways to build up my emotional resilience. It certainly was a stimulating conversation to have with my peers. Thanks once again!

Fraser Brown ~ Brewdog Head of IT

Annabel's passion comes across clearly in her attention to PALS and dedication to preventing the negative effects that are associated with not having resilience in mental health. I recently attended a call with her that helped not only open a conversation between like minded people on the issues we face, but also gave us some practical tips to deal with stressors when they arise. I highly recommend utilising PALS and the unique approach they use to addressing mental health, normalising the conversation, within any business.'

Tamlyn Deacon ~ HBK Head of Information and Cyber Security

There has been a lot of, much needed, focus on support and medications to better mental health illnesses and we obviously hope that this focus and awareness increases, however I am particularly enthused by the innovative approach taken by PALS to highlight preventive measures that can be implemented into day to day life. I thoroughly enjoy using the resources provided on the website and look forward to seeing PALS audience grow, subsequently spreading the word and raising more awareness.

Eleanor Cochrane ~ NHS Mental health nurse



Contact PALS

To learn more about PALS and how we can help your organisation promote mental health and wellbeing in the workplace, please visit our website at www.pals-zone.com. You can also reach us by email at

Contact@pals.global

We're always happy to answer any questions you may have about our workshops, assessments, or pricing packages. Please do not hesitate to get in touch with us to schedule an assessment or to discuss how we can tailor our offerings to meet the specific needs of your workplace.

Thank you for considering PALS for your mental health and wellbeing needs. We look forward to hearing from you soon.

CONTACT US