

Life First Then Work

Interactive Mental Health Workshops

Menu & Overview



Interactive mental health workshops (menu & overview)

Our workshops are designed to support both employees and leaders to understand mental health in the context of real life, not just work. They help people check in with themselves, notice changes in others and build confidence to have earlier, safer conversations.

Workshops are practical, evidence-informed and grounded in real lived experience — not theory or tick-box training.

Format

- Duration: 90–120 minutes
- Group size: 8–15 participants
- Delivered onsite or online
- Tailored to your organisation
- Suitable for teams, managers and leadership groups

Multiple sessions can be delivered in a single day to reach more teams efficiently.

Workshop topics

The mental load & burnout

How life load and workload collide.

- Simple self-check-in tools to assess how you're really doing
- Spotting early signs of pressure and burnout in yourself and others
- Understanding capacity and pace
- Early conversations and boundaries
- Real examples from lived experience

Ideal for: all staff, especially high-pressure teams.

Life admin & invisible stressors

Recognising pressures people carry beyond work

- Neurodiversity
- Caregiving and family strain
- Financial stress
- Sleep and fatigue
- Chronic pain

Helps colleagues and managers understand the “full picture”.

Peer support & early conversations

Practical tools for supportive dialogue.

- How to notice changes in behaviour and mood
- Language that helps, not harms
- Active listening
- Confidentiality and boundaries
- Signposting to HR, EAP and adjustments

Suitable for all employees and managers.

Leadership Behaviours & Culture Signals

Support for leaders and managers.

- Psychological safety
- Modelling healthy behaviour
- Consistent expectations
- Conversations that prevent escalation

Helps leaders reduce risk and strengthen trust.

What participants gain

- Practical self-check-in tools
- Clearer understanding of boundaries and support pathways
- Confidence to talk and listen
- Greater awareness and empathy
- Practical tools for early support
- Better connection within teams
- Safer culture signals day-to-day

Pricing

- Half-day: £900
- Full-day: £1,400

A half-day typically delivers:

- Two workshops of 90 minutes
or
- One workshop plus a HR/leadership session

A full-day typically delivers:

- Three workshops
or
- Two workshops + a HR/leadership session

Optional add-ons

- Support circle integration
- Systems review debrief
- Leadership planning session
- Culture pulse check

Workshops can stand alone or support wider change.

Next steps

- 👉 [Book a call to discuss workshops](#)
- 👉 Email: andy@lifefirstthenwork.co.uk