



Diversity, Inclusion & Well-being.

TALKS & WORKSHOPS
2021





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Our Services.

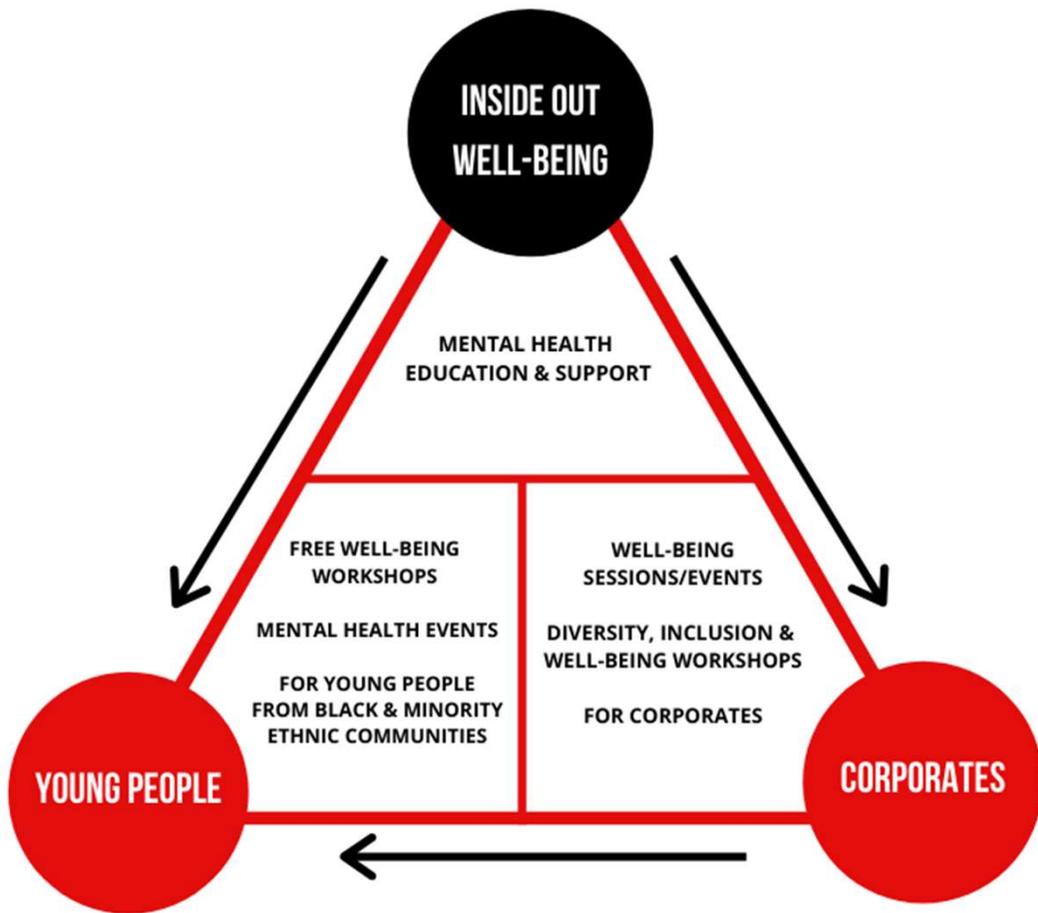
We provide Diversity, Inclusion & Well-being (DIW) workshops aimed to support organisations that are keen to improve how they support their staff in the workplace.

We combine experiential and evidence-based knowledge to facilitate a safe space to have uncomfortable conversations, improve awareness and to develop tailored action plans.

Each Diversity, Inclusion & Well-being workshop or session booked with us, funds 2 Well-being Workshops for a group of 30 young people within the Black & Minority Ethnic Community in the UK.



Our Model.



Our Facilitators.

Vanessa Boachie (BSc, PGCert), Founder of Inside Out Well-being is an Award-Winning Social Entrepreneur with a background as a Psychological Therapist and Wellbeing Coach.

Vanessa has been working in mental health for five years and is particularly interested in empowering others to manage and optimising their mental well-being.

She has worked with leading organisations such as Virgin Group Ltd, BBC, NHS, House of Commons and Crown Prosecution Service. Vanessa has facilitated culturally responsive and racially informed well-being workshops and events across the country in Higher education, corporate organisations and places of worship, and provides one to one well-being sessions.

She is on a mission to help others 'live their best lives' through supporting them to develop an understanding of their true selves.



Our Facilitators.

Dr Yvette Arthur (CPsychol, MSc, BSc) is a chartered Clinical Psychologist, registered with the Health Care Professionals Council (HCPC).

Yvette has been working in the mental health field for ten years. She particularly enjoys sharing a psychological understanding of mental illness within teams and contributing to the journey of recovery for those who are experiencing difficulties through therapy.

She also provides consultation based on psychologically informed coping strategies and facilitates reflective practice for staff in organisations.

Yvette is passionate about early intervention services, community psychology, understanding mental health amongst people from Black and Minority Ethnic communities, and highlighting the positive relationship between faith and mental health. She is keen on sharing helpful skills from psychological theories in a way that is accessible to everyone.



Assistant Director.

A message from the Assistant Director of Inside Out UK:

“We all have mental health and we are all deserving of the necessary education to take care of it. Unfortunately, in today’s society the stigma around mental health is still prominent. At Inside Out UK, we as a team are creating opportunities to teach and empower young people to improve their mental health and wellbeing”

- Nicola Pratt, Assistant Director of Inside Out UK and Social Entrepreneur with a background as a Social Worker.





We've worked with...



Here's what they said...

"The delivery of the workshop was engaging and innovative - I loved the overall vibe and interactions with the group; you navigated the group with ease, they opened up and was very involved in the workshop. Vanessa you and your team are a breath of fresh air on how to work towards mental wellbeing, your knowledge and passion for mental well-being was evident in the delivery and I for one look forward to our next workshop."

- Cheryl (2020)

"It's so rare to have people frank and open about their experiences and also relatable in an engaging and expansive way. I know that a lot of us came away from the session thinking differently about a number of issues."

- Dami (2019)

"How transparent it allowed everyone to be. How relaxed the environment was. Getting to know my colleagues on a more personal level. I had an amazing experience"

- Jennifer (2019)

"The delivery and content of the workshop was outstanding to say the least. Vanessa is humorous, knowledgeable, relatable and everyone in the room talked about how much they learned and gained from coming to the session. Needless to say, we will be inviting Vanessa back to do another workshop."

- Eniola (2018)

Diversity, Inclusion & Well-being Topics.

1. Race, Racism and Mental Well-being

You will learn:

The impacts of race, ethnicity and culture on mental well-being

Biopsychosocial factors contributing towards mental health difficulties in Black and Minority Ethnic communities

Practical ways to tackle mental health discrimination

2. Intersectionality and Mental Well-being

You will learn:

A multifaceted approach on Intersectionality and mental health

The impacts of ethnicity, positionality and structural oppression on mental wellbeing

How to have difficult conversations in the workplace

3. Racial Trauma and Mental Well-being

You will learn:

The impacts of racial trauma on mental well-being

Racially informed psychological theories

Culturally responsive and racially informed strategies for coping with racial trauma

Well-being Topics.

1. Practical Ways To Look After Your Mental Health During A Global Pandemic

An overview of holistic evidence-based techniques to manage and optimise wellbeing

2. Managing Stress and Workload

Explore the spectrum of stress

Discuss physiological and psychological impacts of stress

Learn holistic evidence-based stress management techniques

3. Improve Your Mood and Break the Cycle of Procrastination

Explore the spectrum of low mood

Understand the psychology of procrastination

Learn evidence-based techniques to improve productivity

4. Dealing with Depression and Preparing For “Off” Days

Understand behaviour patterns in depression

Learn coping mechanisms to manage and optimise mental wellbeing (pillars of health)

Create a personalised Wellness Plan

Well-being Topics.

5. Five Ways Social Media is Changing Your Brain

Explore the psychological and physiological effects of social media on the brain

Learn techniques to manage social media use

6. Managing Your Anxiety & Building Your Confidence

Understand the physiological and psychological impacts of anxiety

Learn evidence-based strategies to manage your anxiety

Explore the psychology of improving confidence

7. Suicide Prevention Training: How To Help a Colleague With Suicidal Thoughts

Identify risk factors

Examine personal and societal beliefs on suicide

Consider how we can all contribute towards suicide prevention

Enquire Now.

To book us for your well-being event or training, complete the booking form using this link: <https://goo.gl/4GHf9X>.

If you have any questions contact: info@insideoutwellbeing.org

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www.insideoutwellbeing.org

