

If you want to improve the world start by making people feel safer (Porges, 2001). A person-centred organisation has people at its heart – both people it serves and people it employs.



Wellbeing Webinars

Over the last two years we have seen a rise in demand for our Wellbeing Webinars. We have supported thousands of staff around the world in remaining resilient through difficult times. Organisations have asked us to offer webinars on wellbeing subjects such as:

- Stress Management & Resilience Building
- Managing Uncertainty
- Mental Health Awareness
- Mindfulness

These webinars have been offered as one off support sessions, or part of a wider global conference. Offering ‘taster’ webinars has often resulted in FD Consultants being asked to develop and facilitate regular staff training on mental health.

“What an amazing webinar. I learnt so much and didn’t notice the time go by. I really appreciated the way the facilitator distilled their huge experience down into an understandable and usable format.”

Our mental health awareness webinars have covered topics including, identifying stress signs and triggers, understanding the difference between stress, burnout, compassion fatigue and trauma. We provide tools on creating your own stress cycle and trigger list. We can provide information on the physiology and neuroscience of our stress response, common stress thinking patterns, and identifying risk to organisations.

We developed our own RESPECT Resilience Model (Dunkley, 2018), which provides evidence-based, fit for purpose resources, to improve individual resilience. It is a useful tool that provides continuous support to people after the webinar has taken place.

We have also been asked to provide webinars on ‘managing uncertainty’ through these unprecedented and challenging times. We explore how to manage change and the change process. We share the locus of control model to focus on what we have control over, and a useful tool that helps individuals when facing uncertainty. We discuss management considerations and how best to take care of staff during unpredictable times. We look at risk factors and how to identify when someone is vulnerable.

We offer a webinar on mindfulness, which can also be adapted into a longer workshop. We teach grounding and relaxation exercises. We offer simple and accessible tools and techniques which people can continue to practice after the Wellbeing Webinar has completed.

“I feel ten times more relaxed after doing this mindfulness webinar. I wasn’t going to attend, but I am so glad I did.”

We have recorded webinars on 'Psychologically Safe Management' and 'Breakdown to Breakthrough', which you can listen to for free on the following links:

- Psychologically Safe Management – <https://youtu.be/Alu-pjDQELU>
In this webinar we explore the significance of a psychologically safe working environment, where individuals feel they can speak freely and learn from their mistakes, compared to the destructive nature of a shame and blame organisational culture. We explore various management models and make recommendations on how to create a healthy working culture and environment, that promotes people's potential and creativity.

Psychological safety is being able to show and employ one's self without fear of negative consequences of self-image, status or career. In psychologically safe teams, team members feel accepted and respected.

- Breakdown to Breakthrough – <https://www.youtube.com/watch?v=ezcIWjzrTt0>
In this webinar we explore what is trauma and how individuals and organisations can be impacted by traumatic events in the workplace. We share various case studies and the learning from each of these. We explain the 'Post Traumatic Growth' model and share personal stories of post traumatic growth. We make recommendations on how to embed a 'Trauma Management Programme' into organisations, so they promote the wellbeing of their staff and improve recovery rates.

"I really appreciated the honesty and real life stories shared in this webinar. It helped me to normalise my own experiences and understand how people are impacted by trauma."

FD Consultants work has been contracted through recommendation and reputation. We pride ourselves on offering a high-quality service with high standards.

Organisational support

FD Consultants are the well-being service who will best deliver a reliable, quick, and bespoke support system in the workplace. FD Consultant's team of accredited specialists will offer ongoing support to help manage stress, prevent burnout and provide specialist trauma care where required, enabling your staff with the tools to cope, and recover more quickly.