

# Wellbeing Webinars

Discover our wide range of live webinars covering current and emerging wellbeing themes.



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Bank Workers Charity

**We exist to support the health and wellbeing of the banking community**

The Bank Workers Charity is the working name of the Bankers Benevolent Fund, a company limited by guarantee in England (No. 19366) and a charity registered in England (No. 313080)  
Registered office: Salisbury House, Finsbury Circus, London, EC2M 5QQ

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# Building your resilience

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## Webinar overview

- What is resilience?
- The building blocks of resilience
- Why resilience is so important
- What is stress and is it harmful?
- Workplace triggers of stress
- How to build your resilience

## Content

Technological developments and lifestyle changes over the last 50 years, mean we live in a world that has never been so complex.

Most of us are contending with the difficult task of achieving a favourable work-life balance. On the one hand, we have demanding jobs within constantly changing organisations, whilst on the other, we're grappling with the complications of busy personal lives. And for many of us one of the biggest challenges is caring. With life expectancy far higher than it once was, more people than ever find themselves 'sandwich generation carers' with caring responsibilities at both ends of the age spectrum.

To cope with the stresses that such complex lives produce, it's vital to work on our resilience.

This webinar looks at the different ways we can be affected by stress, particularly in the workplace, and explores how a better understanding of our resilience can help us withstand the pressures we face across the different areas of our lives.



# Digital wellbeing

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## Webinar overview

- The digital landscape and how it has transformed our lives at home and at work
- Digital technology - the benefits
- Are we addicted to our devices?
- What the research tells us about the impact of digital devices on wellbeing
- Getting the balance right - the importance of face-to-face/personal interactions
- The impact of social media
- Taking a break from devices
- Rebalancing our digital behaviours

## Content

We live in a highly connected world and in our work and personal lives, we have seen huge benefits from the use of digital technology.

However, at times there can be a downside. Many psychologists are beginning to think our over-connectedness is having a detrimental impact on our health and wellbeing.

This webinar explores these issues, recognising the benefits technology brings but identifying steps we can take to achieve a healthy balance in the use of our devices.



# Mental health and the importance of nature

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## Webinar overview

- What is good mental health?
- Our mental health during the pandemic
- Biophilia - our connection with nature
- How nature boosts our wellbeing
- Mental health and the importance of nature
- The benefits of natural workspaces

## Content

Over the last couple of years, large numbers of people have seen their mental health negatively impacted by issues and fears associated with the pandemic. A saving grace for many has been a reconnection with nature, particularly during the first lockdown, when, in the absence of traffic and aircraft, birdsong could be heard once more.

Walks in the countryside or in the wide-open spaces of urban parks, have been a lifeline for many, when other forms of activity were denied to them.

Connecting with nature brings huge wellbeing benefits, especially for our mental health. This webinar explores those benefits and looks at how we can incorporate nature into our daily routines. It also looks at the ways, both large and small, that businesses have introduced principles of natural design into the workplace environment.



# Mindfulness

## An introduction

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### Webinar overview

- What is Mindfulness?
- Its growth in popularity
- The science behind it
- The arrival and growth of mindfulness in the workplace
- An 8-minute mindfulness practice led by an experienced practitioner

### Content

Over the last 10 years, the meditation practice called mindfulness has surged in popularity with millions of people in the UK practising it on a daily basis.

This webinar explores the reasons for its success and looks at how it has come to be recommended as a treatment for a range of different health conditions.

The webinar includes an 8-minute mindfulness practice to allow participants to experience mindfulness at first hand.



# Why sleep matters

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## Webinar overview

- What sleep is
- Sleep cycles and the stages of sleep
- Why we need sleep
- Common sleep disorders
- How our sleep needs change during different life stages
- What happens when we don't get enough sleep
- Impact of poor sleep at work
- How to improve the quantity and quality of your sleep

## Content

1 in 4 people in the UK suffer with a sleeping disorder. That's a shocking statistic but the fact is that many of us suffer in silence, accepting poor quality sleep as a fact of life.

This webinar draws on the latest research in neuroscience to explain what sleep is and why getting the right quality and quantity of it, is so important.

It will look at sleep cycles and the different sleep stages. It will identify different sleep disorders and how our sleep needs change at different stages of our lives. It will also offer a range of solutions for those who struggle to sleep well.



# The importance of financial wellbeing

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## Webinar overview

- Understanding financial wellbeing
- The reasons many people are struggling
- The state of our personal finances in the cost-of-living crisis
- How financial wellbeing affects other areas of our wellbeing
- What leads people into financial difficulty
- Some steps we can take to protect our finances
- How BWC has helped people experiencing financial problems

## Content

A decade and more of slow wage growth, a long-lasting pandemic and a cost-of-living crisis that has seen inflation surge and energy costs soar, have meant that many households have seen their incomes plummet. In these circumstances, maximising income and knowing what support is available, are key in navigating and reducing the impact of the cost-of-living hike.

This webinar looks at the state of personal finances in the UK. We'll explore what we mean by financial wellbeing and how it links into other important areas of our wellbeing, like mental health. We'll also look at some steps we can take to protect our finances and identify some key sources of support, including the Bank Workers Charity.



# Fertility and pregnancy loss

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## Webinar overview

- The different paths to having a child
- Effects of fertility treatment on wellbeing
- Impact of pregnancy loss
- Supporting someone you know that has experienced loss
- Examples of support in the workplace
- Other sources of support

## Content

Approximately 1 in 6 couples are affected by infertility and 1 in 4 pregnancies end in loss during pregnancy or birth.

You only have to start talking about these subjects to realise that many people around you have their own experiences to share. But somehow, these issues still carry a lot of shame, and they remain difficult to talk about.

In this webinar, we talk openly to understand the varied paths to having a child, the effects of fertility treatment on wellbeing and provide some examples of support in the workplace. We also address the different types of pregnancy loss, how it impacts all genders and how to support someone you know that has experienced loss.

This webinar is designed for, and open to, all genders.



# Men's health

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## Webinar overview

- Disparities between genders in seeking healthcare
- The challenges of different life stages
- The influence of social media on men's health
- Mental health and emotional wellbeing
- Impact of relationships on health
- Where to get support

## Content

Every demographic has its own critical issues when it comes to healthcare. For men, two things stand out. The suicide rate is worryingly high, whilst prostate cancer is the most commonly diagnosed cancer in the UK.

The persistence of these health issues and others among men is aggravated by their reluctance to visit their GP, to seek help from a counsellor or to ask for support.

In this webinar, we consider some key issues in men's health, and explore the pivotal life stages that can create greater challenges for health. We look at how we can support each other, and what support is specifically available for men.

This webinar is designed for, and open to, all genders.



# The menopause

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## Webinar overview

- What is the perimenopause and the menopause?
- Who does it affect and how?
- Why are we only starting to talk about it now?
- Impact of the menopause at work
- Examples of support in the workplace
- Other sources of support

## Content

The menopause affects everyone, whether directly or indirectly, however it is still stigmatised and there is very little awareness about what it is, and how it's experienced.

It usually occurs in mid-life, between ages 45-55, although the menopause is possible at any age. Most will get menopausal symptoms, but may not recognise them as such, or know who to talk to about it.

This webinar looks at both the perimenopause (the transition into menopause) and the menopause, examines the silence around the subject, and provides guidance on where to get specialised support.

It also looks at the huge impact of menopause in the workplace, and at how some employers are becoming menopause-friendly.

This webinar is designed for, and open to, all genders.



# Dementia, carers and wellbeing

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## Webinar overview

- Dementia and the early signs
- The unique challenges of caring for someone with dementia
- Supporting the wellbeing of carers and people with dementia
- Lifestyle changes that can reduce the risk of developing dementia
- Examples of the Bank Workers Charity support
- Innovation in dementia support

## Content

It's estimated that 1 in 14 people aged over 65 has dementia, and the likelihood of developing it increases significantly with age. In fact, 1 in 6 people over 80 live with the condition.

It is an unpredictable and progressive disease, with no cure at present. Carers and those with dementia can find themselves isolated, frustrated and emotionally exhausted.

In this webinar we look at what dementia is and the unique challenges of being a carer for someone with dementia. We explore some of the not-so obvious lifestyle changes that help lower our risk. Lastly, we examine the support available, through the Bank Workers Charity and the innovation in dementia support generally.

This webinar is designed for and open to all - those who have no experience of caring or dementia and those who do.



# The needs of carers

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## Webinar overview

- The UK caring landscape
- The impact of the pandemic on carers
- The wellbeing of carers
- Carers in the workplace
- The positives of caring
- Support for carers, including examples of the Bank Workers Charity support

## Content

It's been estimated that unpaid carers in the UK save the economy £132 billion pounds a year - more than the full cost of the NHS.

Yet, despite the enormity of their contribution, carers remain undervalued societally.

This session explores the landscape around caring in the UK and focuses on the additional burden on carers which has been created by the pandemic. It will also highlight the positive aspects of caring and, using examples from real life, will identify important sources of support.



# Social wellbeing and loneliness

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## Webinar overview

- The rise of social wellbeing
- Why social wellbeing is important
- Loneliness and how it affects us
- Loneliness and the pandemic
- Loneliness in the workplace
- Steps we can take to combat loneliness

## Content

Until the pandemic, social wellbeing took a back seat behind mental health and physical wellbeing in most organisations' thinking about wellbeing at work. Covid-19 has changed all that.

With large numbers of employees working remotely and missing out on the social dimension of work, the pandemic has revealed just how important social wellbeing is.

Loneliness has been found to have the same negative health impact as smoking 15 cigarettes a day. And recent research has shown the importance of even small-scale social exchanges, to our overall wellbeing.

This webinar will explore social wellbeing and the impact of loneliness at work and will identify some steps we can take to make our workplace environment more supportive of our social wellbeing needs.



# Understanding grief and supporting bereaved colleagues

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## Webinar overview

- What grief is
- Common bereavement responses
- Grief during the pandemic
- The most and least helpful things for a bereaved person
- What to say and what not to say
- Managerial considerations

## Content

Losing someone close to us is one of the most difficult experiences we have to deal with in our lives and nothing can quite prepare us for it.

When grief strikes, it can affect us in a remarkable variety of ways, many of them unexpected.

This webinar aims to provide an understanding of grief and the impact it can have. It recognises the difficulty many of us have in talking about loss and identifies the best ways to support someone that has experienced a bereavement.



# Back to the office

## Managing anxiety and making a safe return

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### Webinar overview

- The challenges we've faced
- What we've learnt
- What causes anxiety and how does it affect us?
- Remaining uncertainties
- Returning to the office - the concerns we have
- Strategies for managing anxiety about the return
- Sources of support

### Content

In March 2020 we saw a pandemic-driven transformation in workplace culture. Remote working and connecting with colleagues through digital channels became the norm for many people.

Employees and businesses had to act quickly to adapt to this new environment, against the terrifying backdrop of a raging pandemic. Against expectations, employees adjusted very effectively to home working; so much so, that most businesses in the UK saw no dip in productivity.

With the pandemic waning, businesses planned for the return to the office, with a hybrid way of working being the operating model chosen by most organisations.

This webinar explores the relationship between change, uncertainty and anxiety and looks at some strategies we can adopt that will help us deal with any fears we have, to negotiate a safe return.



# Positive mental health at work

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## Webinar overview

- What is good mental health?
- The facts about mental health at work and in society
- Mental health and stigma
- Overview of mental health conditions
- Special focus on stress, anxiety and depression
- Recognising the signs that someone may be struggling with a mental health problem
- Looking after your own mental health

## Content

Mental health problems cost UK businesses between £33 billion and £42 billion a year and the economy overall, a huge £100 billion.

Over and above these financial costs there are millions of people whose mental health problems are having a huge negative impact on their wellbeing and quality of life.

A growing awareness of these personal and organisational costs has led many businesses to make tackling mental health at work a strategic priority.

This webinar provides an overview of mental health problems and looks at how work can reduce or exacerbate their impact. It will also offer some ideas for managing your own mental health.



# The importance of taking a break

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## Webinar overview

- What the science tells about taking breaks
- Our natural body rhythms
- The benefits of taking breaks
- The consequences of working without breaks
- Putting it into practice
- What kind of breaks work best?

## Content

There is only so long that we can undertake demanding physical activity before our performance begins to falter and we know to take a break.

This is just as true of mental activity, yet we seldom stop to give the brain its opportunity to take a rest. A recent study found that a large proportion of employees take no breaks whatsoever, other than lunch, during their working day whether at home or the office.

This webinar looks at how and why high-quality work performance can't be sustained without periodic rests from task. It draws on the latest research from neuroscience to show that breaks are vital, and it identifies the frequency of breaks that have been shown to enable strong performance. It also looks at the different kinds of breaks you can take and how they can be scheduled into the working day.



# Understanding and managing burnout

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## Webinar overview

- What is burnout?
- Burnout symptoms
- Who is susceptible to burnout?
- The relationship between pressure and burnout
- The workplace causes
- How individuals and employers can minimise the risk of burnout

## Content

Burnout has become a growing problem for employees and businesses and the pandemic hasn't helped. One study suggested 52% of employees reported feeling burnt-out in May 2021.

Described by the World Health Organisation as a condition “resulting from workplace stress that hasn't been successfully managed”, burnout has severe consequences, usually resulting in exhaustion and complete disaffection with work. But importantly it is avoidable.

This webinar looks at who burnout affects and how, and identifies some steps we can take to minimise the risk that we become affected by it.



# Children and young people's mental health

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## Webinar overview

- Children's mental health during the pandemic
- Common mental health problems
- Spotting the signs
- Social media and mental health
- Bank Workers Charity support for children's mental health
- Other sources of support

## Content

The last two years have been a difficult time for children's mental health. The pandemic brought three lockdowns, social isolation and levels of uncertainty that few children have ever experienced. Almost inevitably this had an impact on their mental health, with 1 in 6 identified as having a probable mental health condition in 2021. (Up from 1 in 9 in 2017).

In this webinar we will be looking at common mental health problems and their prevalence among children and young people.

We will also be exploring the impact of some of the factors that can affect their mental health, like uncertainty and social media, and we'll draw attention to a range of resources available to help children and the parents supporting them.



# Understanding teenage behaviours

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## Webinar overview

- Teenage years - the challenge for parents
- Understanding the neurological changes children go through during adolescence
- The teenage brain and its impact on behaviours
- Support available from BWC for teenagers and their parents
- Other sources of support and information

## Content

The teenage years can be a challenging time for youngsters who are adapting to unprecedented physical, hormonal and psychological changes. It is an equally difficult time for parents, who do their best to support their children but who can face a variety of challenging behaviours.

Over the last 10 years the teenage brain has been the subject of considerable research by neuroscientists and their findings are causing us to review some long-held assumptions about teenagers and how and why they behave the way they do.

This session will explain these findings and show why we may need to rethink some ideas about teenagers that we've long taken for granted.

The session will also consider the support available to parents through Bank Workers Charity as well as identifying other sources of information and assistance.



# Wellbeing for working parents

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## Webinar overview

- Returning to work after primary caregiver leave (e.g. maternity, paternity leave etc)
- Parental wellbeing across different life stages
- The additional pressures on parents of disabled children
- Parental burnout
- Where to get support

## Content

Before the working day has even begun, many parents describe already having done 'one job'. It's a constant juggling act.

And if it wasn't already challenging enough, the strains of the pandemic and particularly the periods of school closures, escalated parental burnout to new levels.

In this webinar we look at the wellbeing issues affecting parents across different life phases - as they transition back to work after primary care giver leave and whilst parenting teenagers and adult children.

We also examine the additional pressures on parents of disabled children and reflect on what support is available to help boost resilience.

# Get in touch

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We're open 9am–5pm Monday to Friday  
(except bank holidays)



## Visit our website

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