

# Supporting your employees wellbeing and mental health during the Covid-19 Crisis

In light of the current crisis and the pressure on employees both from a mental health and wellness perspective, we have designed a range of webinars to help you to support your employees during these unprecedented times, to maintain and improve their engagement, mental health and performance. All webinars can be either circulated around your employees to access at a time to suit them or provided on an interactive platform to enable them to ask questions and gain personalised insight.

# Parent Cloud

Parent Cloud is a group of talented coaches and advisers offering on-demand, remote coaching and support to help families to thrive; covering a variety of parental issues including: birth, breastfeeding, sleep training, therapy, relationship counselling, child behaviour, returning to work & career coaching.

Our goal is simple; to improve mental health and professional prospects for all parents, everywhere. We'll achieve this by equipping parents with the knowledge and skills they need to give excellent levels of care to their children, taking some of the anxiety out of the early years of parenting giving them breathing space to be able to enjoy it.

In addition, we will be working closely with businesses to help them to build a stronger bond with parents within their workforce enabling them to benefit from the added confidence, mental well-being and focus that will result from the coaching and advice we provide.

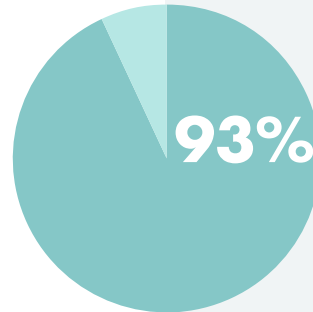
# Wellness Cloud

The Wellness Cloud is helping to transform businesses by creating a workforce of healthier, happier and more diverse employees. We work with businesses to build wellness programmes to meet their needs and budget, filling the gaps within their current benefits packages but also stripping away any duplication.

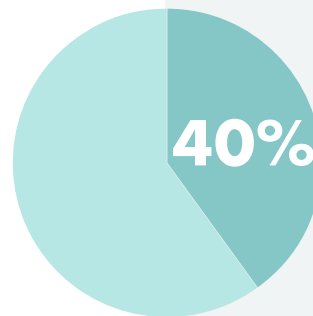
Through us, employees can gain online consultation access to a variety of specialists, including: therapy, relationship counselling, nutrition, career coaching, parenting, fertility and the menopause.

Giving employees access to personalised advice from highly qualified specialists, helping them through what work and life throws at them.

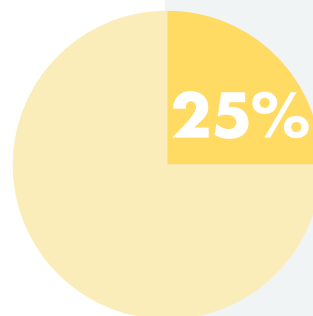
The result: increased employee engagement, improved mental well-being and more gender-inclusivity. We also offer in-house workshops to support employees through all phases of their lives.



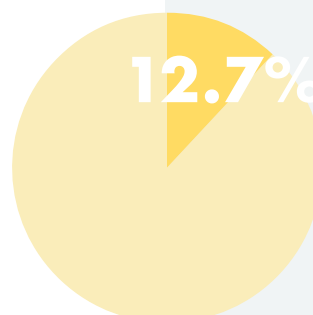
**93%** of women say it is hard to combine a successful career with caring responsibilities



**40%** Working parents are **40%** more stressed than their childless peers



**25%** of your workforce will experience mental health issues each year



**12.7%** of all absence days can be attributed to mental health issues of employees will experience mental health

## Nutrition

With Catherine Pohl, Nutritionist

- Why calories don't count, fat isn't all bad for us, and other common misconceptions
- The real secrets to booting your energy levels (even with limited resources)
- How to maximise the benefits from your diet without a major overhaul.



## Coaching

With Karen Taylor, Founder & Career Coach  
& Sarah Symonds, Career & Executive Coach

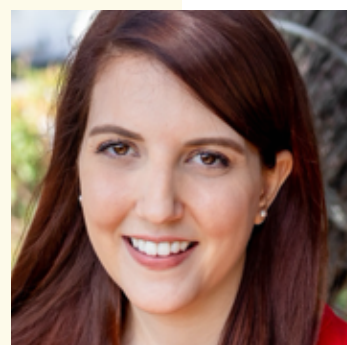
- Building and maintaining resilience while working from home
- The art of home-based working. A practical session drawing from a variety of resources to make home based working work for you. Increasing productivity and improving mental health.



## Mental Health

With Caroline Plumer, Therapist & Colette Etheridge, Counsellor

- Developing practical techniques to deal with feelings of loneliness & isolation during Covid-19
- Supporting the wellbeing of your team, Workplace Wellbeing – Part 1. To raise and increase awareness of anxiety and/or depression and consider how to support staff showing signs of anxiety and/or depression.
- Supporting the wellbeing of your team, Workplace Wellbeing – Part 2. To increase knowledge of mental health conditions and consider practical ways to support staff showing signs of mental health conditions.
- Anxiety and depression: Spotting the signs and symptoms and giving you some techniques to help you to cope.



## Health & Wellbeing

With Eliza Flynn, resident food, fitness & lifestyle specialist

- How to stay active while working from home: What activity is important for good health, especially when desk bound including a short workout and suggested activity based around a working day
- Protecting your Posture while working from home including stretches to release tension & exercises to strengthen your posture
- Meeting government guideline recommendations for activity, a series of workouts employees can do at home with little or no equipment
- A positive start to the day: 3 tips for starting the day positively.



# Nutrition

**With Catherine Pohl, Nutritionist**

- Fuelling your family – Recipes your family will love, giving your family the energy they need even with limited resources.
- Stuck at home with the kids? Wondering how best to feed them at this difficult time? And how to keep yourself on an even keel to cope with it all? We're here to help give you some inspiration.
- What kids need to grow and thrive

# Coaching

**With Karen Taylor, Founder & Career Coach  
& Sarah Symonds, Career & Executive Coach**

- Keeping your career on track while working and parenting – giving you the tools you need to develop in your career while not compromising on time with family.
- Hints & Tips to make your life easier – A range of advice and techniques to keep yourself organised

# Child Behaviour

**With Caroline Plumer, Therapist & Colette Etheridge, Counsellor**

- Simple Parenting techniques to make your life easier—helping you to build strategy-based techniques to help you to deal with your everyday parenting challenges.
- Parenting & technology – talking through the pros and cons of the use of technology and social networking and guiding you on how to help keep your family safe, while avoiding conflict.
- Worried about your child's mental health – Then you're not alone. Our Child Behaviour specialist & Therapist, Colette Etheridge, gives you an understanding of what is normal and when to think about implementing home strategies to help.
- Working & home schooling: Helping you to design strategies to help you overcome some of the challenges
- Parental Wellbeing: To increase knowledge of the stresses of parenting and consider some useful parenting strategies to better manage our wellbeing.

# Sleep

**With Emma Gawne**

- The science of infant sleep – led by our resident Infant Sleep Expert, Emma Gawne, who discusses the science and biology of your baby & toddlers sleep and gives you some simple routines and techniques to lay good sleep foundations.



Helping Parents Thrive

**To find out more  
please contact us at  
[info@parent-cloud.com](mailto:info@parent-cloud.com)  
or call us on 020 8936 7621**