



Wellbeing Interventions.



Wellbeing, understood.

Lena delivers a diverse range of mental health and wellbeing interventions to organisations across the island of Ireland and beyond.

We offer in-person and online services in a range of areas including training, coaching, mediation and dispute resolution, counselling (brief and high intensity), as well as a range of more specialist interventions, tailored to suit our customers' needs.

From first contact, our Business Development Team will begin the process of building their understanding of your organisation, your workforce, and the issues that are:

- 'live' for you,
- the problems you are seeking to address, and/or
- the ways in which you would like to develop and improve.

Digital Wellbeing

Our award-winning online Support Hub provides access to a range of online wellbeing information, guidance, screening tools and self-help resources and is continually refreshed with new content. It includes:

- Guided self-assessment via 'iHelp' chatbot'
- Wellbeing resource library
- Self-help e-learning courses and digital intervention tools
- 'Five ways to wellbeing' database
- Personalised Dashboard
- Online mood and sleep trackers and gratitude diary

Coaching

Workplace coaching takes place on a one-to-one basis and focuses on developing an individual's skills and confidence, and on setting and reviewing goals and objectives to improve performance in the workplace.

- Coaching can identify both organisational and individual goals. Employees are supported to assess their strengths alongside the areas in which they want – or need – to develop and improve.
- By helping employees build soft skills such as confidence, communication, and persuasion, coaching can also improve overall employee relations and team functioning.

Our coaches offer an independent perspective, provide unbiased advice and put the developmental needs of person at the centre.



Training & Consultancy

At Lena, we pride ourselves on being your trusted, experienced and professional training and consultancy provider.

We understand the varying needs of the different roles and teams within your organisation, and the sector you operate within. That's why we've developed a suite of online and in-person training solutions which can be off-the-shelf, slightly tweaked, or fully tailored to suit your unique needs.

We have 100+ courses available, across 6 distinct areas, namely:

- Lifestyle and Wellbeing
- Wellness Activities
- Personal/Professional Development
- Leadership and Management
- Mental Health Awareness
- Specialist Training (eg Substance Misuse/Gambling/Clinician-led)

Check out the **searchable training directory on our website**, and if it's something more bespoke you're looking for, just give us call or drop us a line via email, or by completing our online contact form.

Mediation

Mediation can be used to resolve a wide variety of issues that present in the workplace such as:

- breakdowns in communication or relationships
- bullying and/or harassment claims
- personality clashes

Using mediation as an approach can:

- reduce the risk of having to undertake formal processes such as internal grievance procedures and external employment tribunals
- reduce the risk of valuable employees being impacted by worry and stress resulting in repeated or long-term leaves of absence or them choosing to leave the organisation
- reduce costs – mediation as a preventative early intervention is much more cost-effective than having to meet the costs of participating in an employment tribunal

Lena's fully qualified and insured Mediators are experienced in working collaboratively and empathetically with employees, to resolve workplace difficulties by supporting them to reach mutually acceptable and beneficial (to them and the organisation) outcomes.



The right support, at the right time.

Lena's mission is to deliver the right support at the right time by providing evidence-based, accessible, person-centred mental health and wellbeing interventions.

We have over 25 years' experience designing and delivering employee and student wellbeing support, underpinned by 65 years of trusted mental health expertise in our parent organisation Inspire.

More detailed information on what we provide can be found in the 'Our Services' section of our website - click on the QR code below or visit:

www.lenabyinspire.com



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  [#lenabyinspire](https://www.instagram.com/lenabyinspire)

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