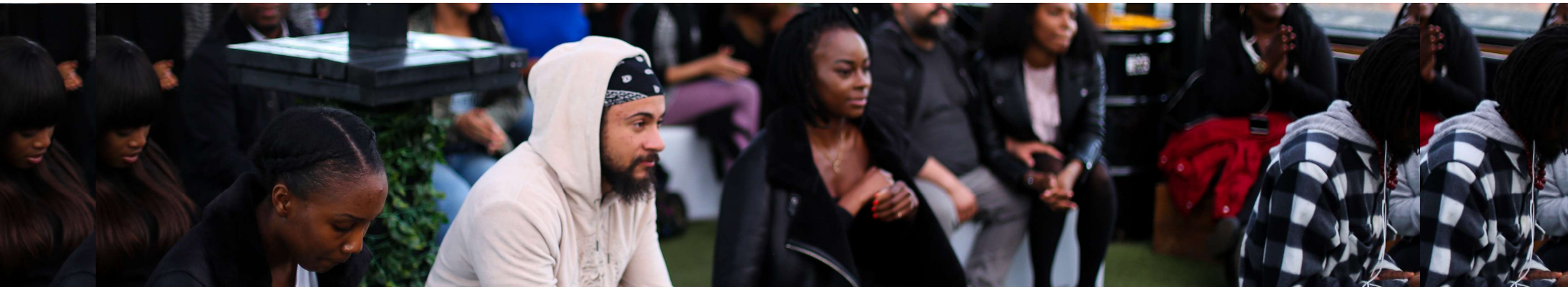




Diversity, Inclusion & Well-being.

TALKS & WORKSHOPS
2022-2023





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Our Services.

We are Inside Out Well-being. A leading provider of culturally-informed well-being support in the UK.

Our drive to do things differently fuels everything we do, our services, our communities, our reasons to exist as a social enterprise. We pay attention to aspects of mental well-being that others neglect, particularly identity and culture.

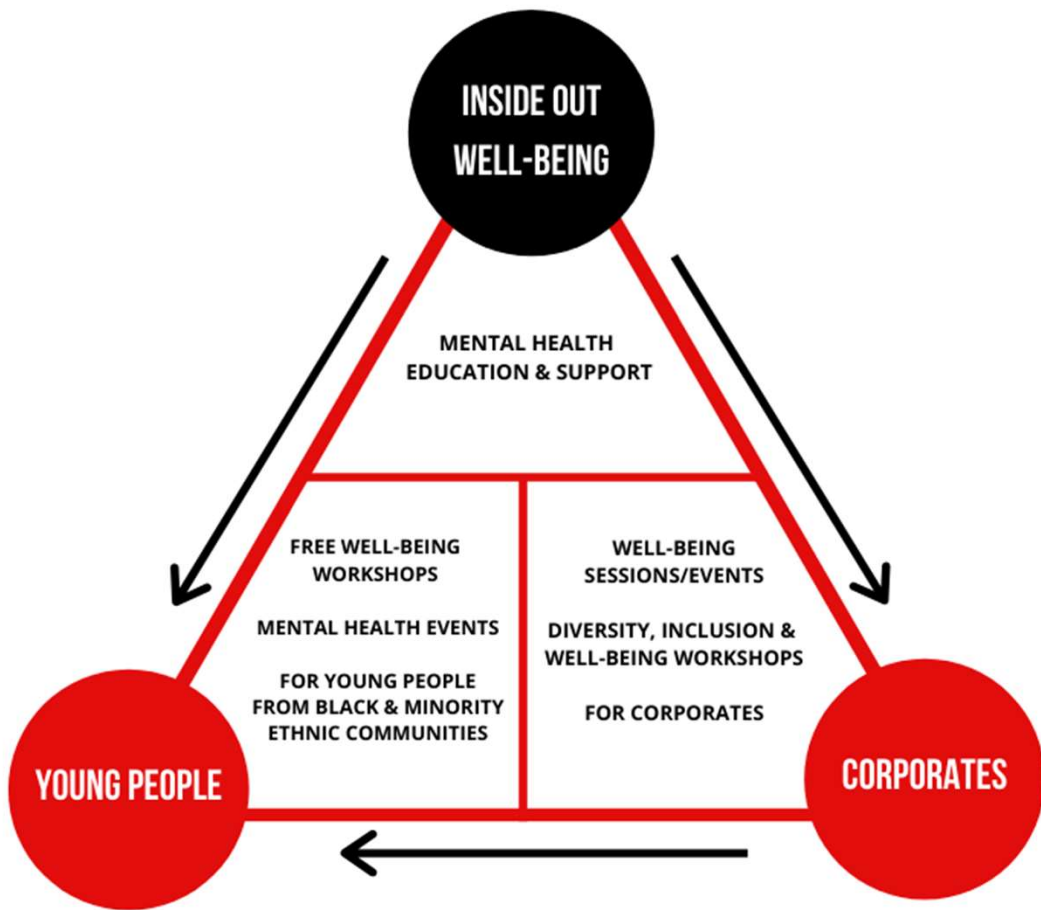
We began as a project in 2017 with one purpose, to directly address the UK's lack of diversity and inclusive mental health and well-being support. This mission birthed our creative events, talks, workshops, training and healing sessions. This enables people to understand mental health through our intersectional lens and provide psychology-based life skills to optimise mental health and well-being.

We combine experiential and evidence-based knowledge to facilitate safe spaces to have uncomfortable conversations, improve awareness and to develop practical actions for wellness.

Each well-being workshop/session booked with us by a corporate company funds a free well-being support group or workshop for a group of 30 young people from ethnically minoritized communities 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 seven 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, JP Morgan Chase, BBC, NHS, Her Magistrates Prison and Probation Service (HMPPS), HM Inspectorate of Prisons (HMIP) and more. Vanessa has facilitated culturally responsive and racially informed well-being one-to-one sessions, workshops and events across the country in Higher education, corporate organisations and places of worship.

She is on a mission to help others transition into the best version of themselves 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 Well-being, 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 Well-being 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. Navigating through Racial Trauma to Racial Wellness

You will:

Understand racial trauma and its impacts on mental well-being through a psychological lens

Explore practical tools to navigate daily and past experiences of racism

Develop strategies to facilitate your racial wellness

2. Overcoming Imposter Syndrome

You will:

Discover the roots of imposter syndrome and explore why individuals from racialised communities often experience imposter syndrome in the workplace

Explore practical strategies to break the cycle of imposter syndrome

Develop tools to unlearn and challenge internalised negative racial messages

3. Self-care: Maintaining Well-being in and Out of the Workplace

You will:

Identify the importance of self-care for individuals from racialised groups

Discover your relationship with self-care and rest

Build practical tools to utilise self-care and soul-care to maintain racial wellness in and out of the workplace

Diversity, Inclusion & Well-being Topics.

4. Bringing Your Whole (Authentic) Self to Work

You will:

Understand what the term “whole self” means

Explore the challenges and barriers that prevent people from being themselves

Develop strategies to help nurture positive esteem

5. Exploring Intersectionality and Mental Well-being

You will:

Explore the key components of identity and Intersectionality

Discuss the implications of intersectionality on mental well-being

Understand how to approach conversations on diversity and using inclusive language

6. From Intergenerational Trauma to Intergenerational Healing

You will:

Understand intergenerational and transgenerational trauma

Explore the impacts of intergenerational trauma on mental well-being

Learn the pillars of fostering intergenerational healing

Well-being Topics.

1. Managing Stress and Workload

Explore the spectrum of stress

Discuss physiological and psychological impacts of stress

Learn holistic evidence-based stress management techniques

2. 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

3. Managing Your Anxiety

Understand the physiological and psychological impacts of anxiety

Learn evidence-based strategies to manage your anxiety

4. 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

Fees.

Type	Description	Fee
Well-being Keynote	Keynote speech or presentation	£560
Well-being Workshop	1 hour delivered on the day Resources for workshop attendees	£580
Well-being Workshop	Diversity & Well-being consultation (50 minutes) 2 hours delivered on the day Resources for workshop attendees 1-month/3-month follow up call	£680 (up to 15 participants) £1280 (up to 30 participants)
Well-being Course	Diversity & Well-being consultation (50 minutes) 6 hours total delivered or 2-hour Well-being workshop x3 Resources for workshop attendees 1- month/ 3-month follow up call	£1960 (up to 15 participants) £3760 (up to 30 participants)

Fees.

Type	Description	Fee
Culturally-Informed Supervision <i>Recommended for staff groups working with clients from minoritised backgrounds</i>	60 minutes Video call /Telephone	£85
Guided Group Therapy	2 hours delivered on the day Facilitated by up to 2 Therapists Online/ Face-to-face	£40 (per head) Up to 10 people
One to one therapy	60 minutes Video call /Telephone	£85

*We offer lower rates for registered charities and not-for-profit organisations
For custom talks/workshops please contact vanessa@insideoutwellbeing.org to discuss your event requirements.

Enquire Now.

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

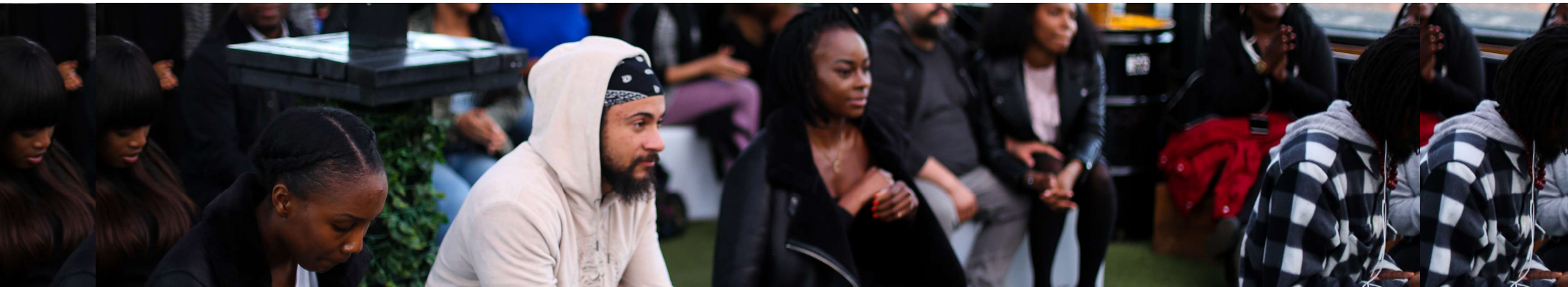
If you have any questions contact: info@insideoutwellbeing.org

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