



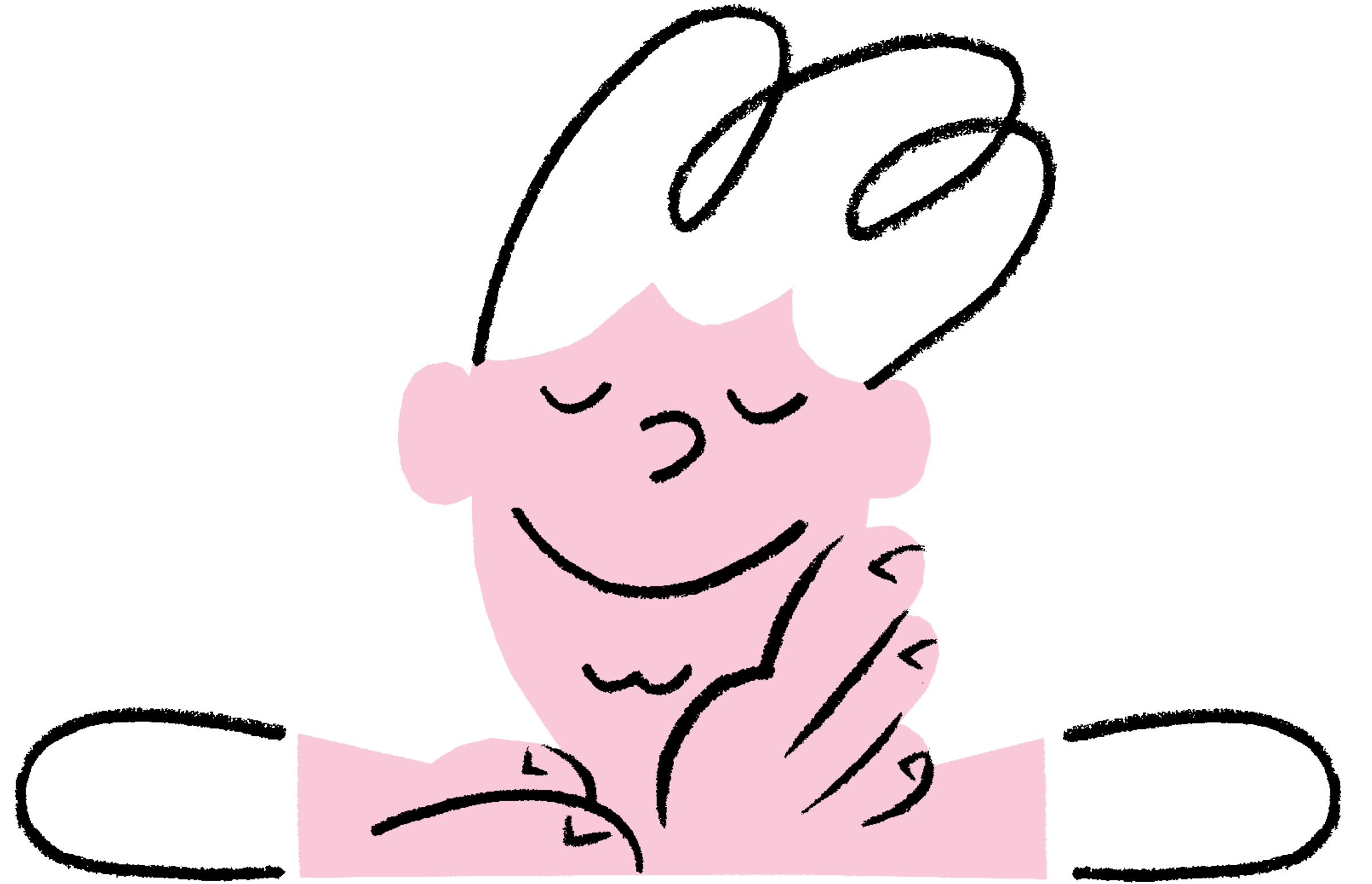
hear me

Webinars and workshops that make a difference





Webinars





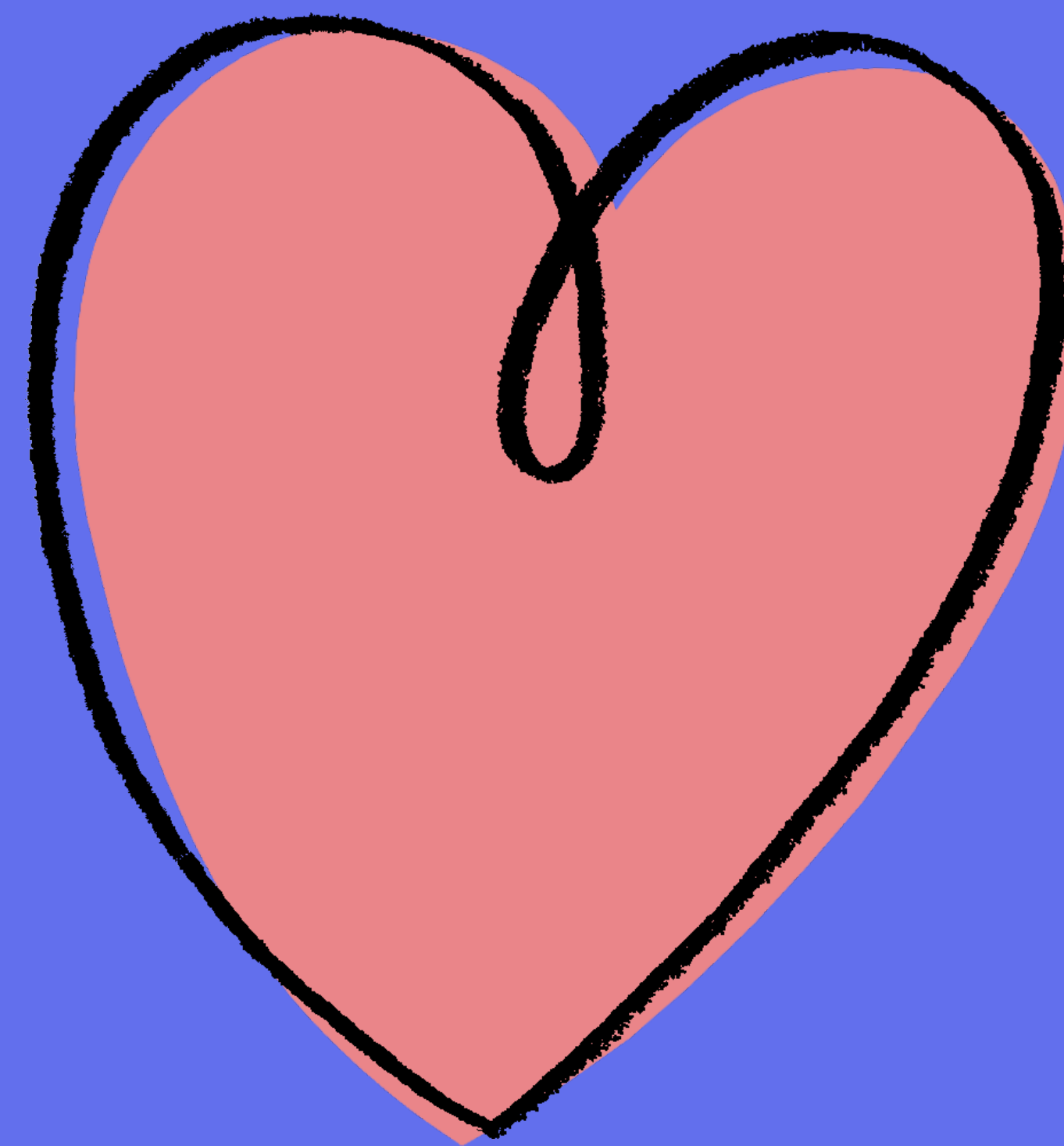
How we deliver

We provide all of our participants with useful knowledge and relevant tips that can be instantly implemented in their lives.

We cover a range of topics related to problems which we all face at work and at home.

We always end the webinars on a high note, with a positive message to inspire our participants.

After the webinar is over we share the presentation and/or extra materials.





How it's organised

We have a pool of topics to choose from.
We are open to editing the topics together
with your company.

Our webinars can be (live)streamed to any
number of employees (1-1000+).

We encourage the participants to ask
questions along the way.

We present in English or Polish.

We also offer ready-made packages
webinars, i.e. series of webinars
on the topics we have proposed





Metal Condition

- What are the benefits of understanding emotions?
- When should you seek a psychologist's help?
- Relaxation techniques
- What is mental toughness and how to build it?
- Healthy sleep: how to take care of it?
- How to build healthy relationships with others?
- How to deal with things that are beyond our control?
- How to talk about mental health?

Career Development

- How to nurture your motivation to reach your desired goals?
- Why do you need stress and how to use it to your advantage?
- How to avoid burning out?
- How to nurture your skills?
- How to stop procrastinating and start working more efficiently?
- How to notice a person in crisis and how to help them?
- How to be a smart and brave leader?
- How can feedback save team work?

Support for Leaders

- Being a smart and brave leader for your people
- Leaders are people, too. How to take care of your mental wellbeing as a leader.
- What to do when your employee is in crisis
- Managing changes and navigating people's resistance to change
- Empathetic leadership and fundamentals of emotional intelligence
- How to build an efficient team and manage them wisely
- Overcoming feedback barriers for better (non-violent) communication



Workshops





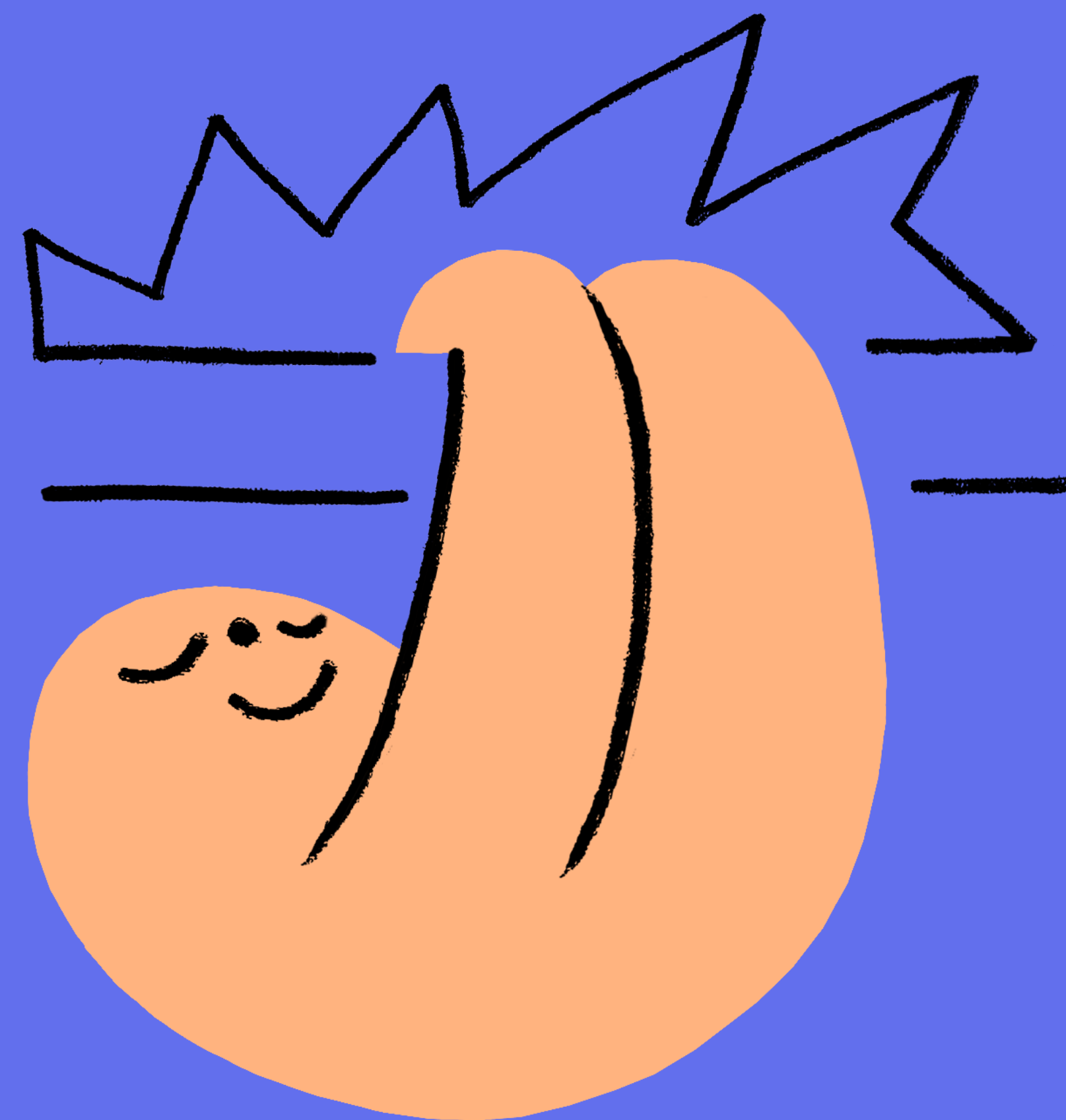
How we deliver?

Our interactive workshops are designed to let your employees gain practical knowledge and test their new skills.

We teach our participants how to use the new information in everyday life.

Our team draws from a set of scenarios which help the attendees practice new skills via roleplay and direct experience.

We deliver the workshops online and onsite.





How it's organised

1. We discuss your needs and choose the topics that are relevant to your organisation and helpful to your goals.
2. We prepare a workshop plan for you to approve.
3. We set the time, form (onsite/online), location, and list of participants. We send out surveys to assess the participants' needs.
4. We deliver an engaging workshop.





Workshop Examples

- Team Leader Workshop: How to notice and support an employee in crisis?
- Team Leader Workshop: How to lead a team through difficult times?
- First Aid for the Mind: When and how to react?
- Women's Mental Health: Discovering your doubts and your inner critic.
- Men's Mental Health: Let's talk about feelings.





Mental health days





An event to celebrate our minds

Through workshops, training, and one-on-one consultations we teach your employees all about their mental health and how to take care of it.

Over the course of the Mental Health Days, your employees will receive educational newsletters, posters, and posts which can be sent out via intranet or posted in your FB group.

Towards the end, we will create together your Mental Health Policy to be signed by the management.





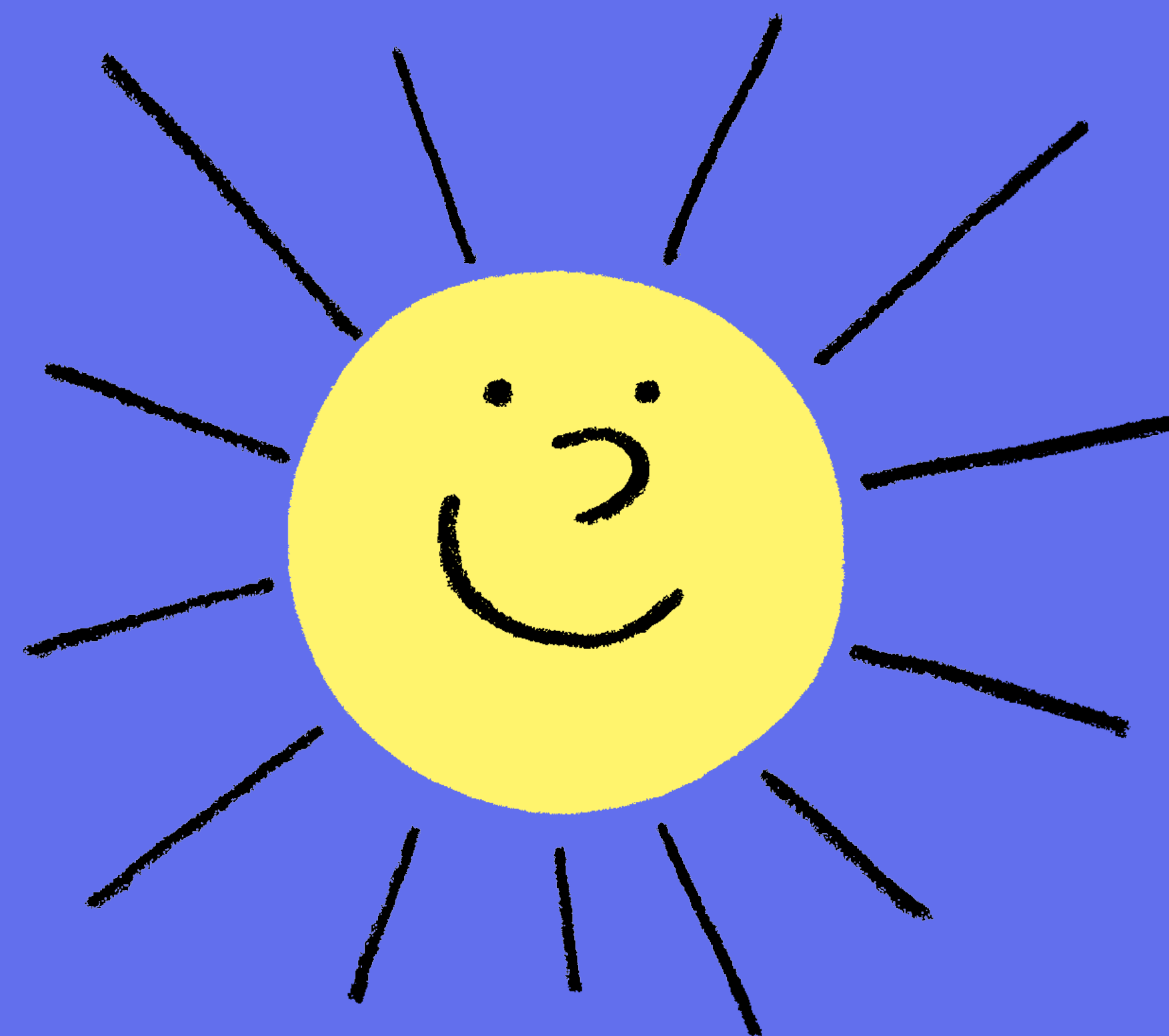
How it's organised

The event lasts 1-7 days.

It can be organised online, onsite, or a little bit of both.

We provide a schedule, the workshop/webinar plans and marketing materials: emails, posters, posts for intranet and FB groups.

We make sure that the Mental Health Policy is in accordance with your company's other policies.





Sample workshop topics with descriptions

WORKSHOPS AND WEBINARS	
Team leader workshops	How to react when a team member is in crisis - a blueprint for supportive conversations; tips on what not to say; Communication Roadblocks (the Gordon Model); why we need to talk about emotions at work and how to do it.
Who needs to see a psychologist?	Normalising and destigmatising mental health; when to see a psychiatrist, a psychologist or a coach; introducing the Hearme app.
Managing emotions	The world of business is unstable and unpredictable, requiring us to develop all kinds of defensive strategies. Problems with emotional management often result in inaction and helplessness, and can contribute to poor decision making. In the course of this webinar you will learn what emotions are, how to understand and successfully navigate them so that they stop being an obstacle and instead become a helpful tool.
How to manage and use stress	Stress is like spice - it's good in the right proportion. It has a stimulating effect, allowing you to make the best of your resources to get the task done. Too much stress can lead to exhaustion, health problems, and motivation loss. However, you can befriend your stress and learn how to use it to your advantage.



A Mental Health Policy for your company

**Our actions should lead to the creation
of a well thought out, well written
Mental Health Policy.**

Why does it matter?

Its goal is to protect your employees' mental health while providing blueprints for supporting those who suffer from depression, anxiety, burnout, and other illnesses.





Our achievements so far:

+10K

employees have
participated in our
webinars or workshops.

4.5/5

is the average rating
given to the workshops
and webinars by their
participants.

73%

of the employees felt better
after participating!



Let's talk!

✉ michal@hearme.pl

☎ [+48 505 106 756](tel:+48505106756)

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