



THE
MENTAL
WELLBEING
COMPANY

Transforming Mental Health
& Wellbeing with
Next Generation Solutions

TRAUMA-INFORMED WORKSHOPS FOR SCHOOLS,
WORKPLACES, PUBLIC SECTOR ORGANISATIONS,
AND 1:1 COACHING FOR INDIVIDUALS.

There's been a 25% global increase in depression and anxiety since 2020, with almost one billion people worldwide facing mental health challenges.



In 2022, The World Health Organisation released its largest review of world mental health since the turn of the century. The detailed work provides a blueprint for governments, academics, health professionals, civil society and others with an ambition to support the world in transforming mental health. We are at the heart of this transformation and reform, and you can be too.

In 2019, nearly a billion people – including 14% of the world's adolescents – were living with a mental disorder. Suicide accounted for more than 1 in 100 deaths, and 58% of suicides occurred before age 50. Mental disorders are the leading cause of disability, causing 1 in 6 years lived with disability.

People with severe mental health conditions die on average 10 to 20 years earlier than the general population, mostly due to preventable physical diseases.

Mental ill health is responsible for 72 million working days lost.

Half of mental ill health starts by age 1, and 75% develops by age 18.

In 2018/19, stress, depression or anxiety were responsible for 44% of all cases of work-related ill health and 54% of all working days lost due to health issues.

These statistics are a wake-up call for urgent action. We're facing a mental health pandemic.

IT IS TIME TO BE PART OF THE SOLUTION NOT THE PROBLEM.

IT'S TIME FOR A NEW APPROACH:

Introducing

**The Mental
Wellbeing Company**

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OUR MISSION

Helping the world become trauma informed by creating safe spaces to enhance mental health and wellbeing with next generation solutions.

OUR VISION

Every school becomes trauma informed.
Every workplace becomes trauma informed.
Every public sector organisation is trauma informed.
Every human becomes trauma informed.

OUR VALUES

COMPASSION, INTEGRITY,
EMPOWERMENT,
INCLUSIVITY, INNOVATION



GLOBAL MENTAL WELLBEING STATS:

- There's been a 25% global increase in depression and anxiety since 2020.
- Almost one billion people worldwide face mental health challenges.
- Nearly 1 in 3 children in the UK suffer childhood trauma.
- Depression is the leading cause of disability worldwide, affecting over 264 million people.
- Suicide is the fourth leading cause of death among 15-29 year-olds globally.
- Workplace mental health issues cost the global economy \$1 trillion annually.

Being trauma informed is the next level of mental health support and awareness. It is not just a "nice to have"; it's a "necessity".

That's why I've partnered with The Mental Wellbeing Company to bring their proven trauma-informed workshops and coaching to empower individuals and organisations like you to create lasting change in our communities.

As a Brand Partner of The Mental Wellbeing Company, I've completed the ICF and CPD accredited Somatic Trauma Informed Coaching Certification.

This high-level certification forms the basis of the transformative workshops and 1:1 coaching sessions that prioritise the mental health and wellbeing of your team, your students or yourself.



MEET THE CEO & FOUNDER Caroline Strawson

Caroline Strawson is a globally recognised Mental Health and Nervous System Educator, Therapist, and Coach. She is on a mission to revolutionise mental health education.



AFTER HITTING ROCK BOTTOM IN HER OWN LIFE DUE TO EXPERIENCING DOMESTIC ABUSE, BEING LEFT IN OVER £70,000/\$85,000 WORTH OF DEBT AND BEING MADE HOMELESS, CAROLINE COMBINED HER MEDICAL BACKGROUND WITH A DRIVE AND DETERMINATION TO OVERCOME HER OWN MENTAL HEALTH CHALLENGES AND REBUILT HERSELF THROUGH NERVOUS SYSTEM HEALING, DEEP TRAUMA WORK AND POSITIVE PSYCHOLOGY.

Now, she's dedicated to sharing these life-changing tools with the world. Through The Mental Wellbeing Company, Caroline is leading a movement to make trauma informed awareness and positive psychology tools the norm in schools, workplaces, public sector organisations, and beyond. Her vision is a world where every human understands their nervous system, leading to more compassion, resilience, and thriving.

That's why Caroline founded The Mental Wellbeing Company: Our Brand Partners are committed to partnering with schools, workplaces, public sector organisations, and individuals to spread trauma informed strategies and nervous system education.

Together, we can create safer, more supportive environments that foster healing, resilience, and growth.

"As a survivor of trauma myself, I know firsthand the impact it can have on every aspect of life. My journey of healing and resilience inspired me to dedicate my career to helping others navigate their own path to wellbeing. Through my work as a Trauma-Informed Coach and Therapist, I've seen the transformative power of understanding trauma and the nervous system. It's my mission to make this knowledge accessible to all, creating a ripple effect of healing across generations. When we heal ourselves, we heal the next generation."

- CAROLINE STRAWSON

Trauma-Informed Workshops FOR SCHOOLS



Our trauma-informed workshops empower educators to create safer, more supportive learning environments where every child can thrive. By understanding the profound impact of trauma on student behaviour and learning, teachers can foster resilience, improve mental health, and help their students reach their full potential.

CONSIDER THESE ALARMING STATISTICS:

- 1 in 3 children aged 2 to 14 in the UK have a diagnosable mental health disorder.
- 1 in 4 children in the UK experience some form of trauma before age 18.
- Trauma informed schools can help mitigate the impact of adverse experiences.
- 7.8% of young people said that school had made their mental health worse.

The invisible scars of unresolved trauma can weigh heavily on students, affecting their ability to learn, form healthy relationships, and navigate the challenges of growing up. But with the right knowledge and tools, educators and parents can facilitate spaces for healing and growth.

Our workshops, led by certified trauma-informed coaches, offer practical strategies and insights to help you:

- Recognise the signs and symptoms of trauma in students
- Understand the neurobiology of trauma and its impact on learning and behaviour
- Develop a trauma-informed approach to classroom management and discipline
- Create a culturally responsive and emotionally safe learning environment
- Implement self-care practices to prevent burnout and secondary traumatic stress

By investing in trauma informed education integrated with positive psychology, you're not only supporting the immediate wellbeing of your students but also laying the foundation for their long-term success and resilience.

WORKSHOP OPTIONS:

- Creating A Trauma Informed Classroom To Increase Student & Teacher Mental Health & Well-Being
- Trauma Informed Practice & Awareness In Schools To Increase Mental Health & Well-Being
- Trauma Informed Parenting To Increase A Child's Mental Health & Well-Being
- Using Positive Psychology In Schools To Increase Mental Health & Well-Being Of Teachers & Students
- Positive Psychology In Schools To Create Psychological Safety & Awareness To Build Trust
- The Importance Of Using Positive Psychology In Schools To Drive A Positive School Culture

We offer 90-minute workshops or more comprehensive 3-hour workshops on each topic.

All our workshops are CPD/CE accredited, ensuring the teachers and parents receive the highest quality, evidence-based training that aligns with professional development standards.

Our workshops can be full hours or broken down into sessions on a weekly or monthly basis. Contact us to discuss how they can be tailored to your school's specific needs. Contact us today to book a workshop or consultation and take the first step towards creating a trauma-informed school culture that supports the success and wellbeing of every child.

AS EDUCATORS, YOU PLAY A
CRUCIAL ROLE IN SHAPING YOUR
STUDENTS' LIVES.

Trauma-Informed Workshops FOR WORKPLACE



Create a psychologically safe workplace for **YOUR** people.

In today's fast-paced and demanding work environment, prioritising employee well-being is no longer a luxury—it's a necessity. Trauma-informed workplaces recognise the pervasive impact of trauma on individuals and create a culture of support, resilience, and psychological safety.

THE STATISTICS PAINT A CLEAR PICTURE OF THE URGENT NEED FOR CHANGE:

- 40% of workers with mental health problems are caused or worsened by their work.
- Mentally healthy work environments are essential for employee wellbeing and retention.
- \$1 Trillion is the annual global economic cost to employers due to depression and anxiety health issues.
- 264 Million people worldwide are affected by depression, leading to a \$1 Trillion loss of productivity.

Unaddressed trauma in the workplace can manifest as absenteeism, presenteeism, conflict, and burnout, hindering both individual and organisational success. But by embracing a trauma-informed approach, you can unlock the full potential of your team and create a thriving, safe workplace.

Our workshops, facilitated by experienced trauma-informed coaches, provide the knowledge and tools to:

- Understand the impact of trauma on employee well-being and performance
- Recognise the signs of trauma and respond with empathy and support
- Foster a culture of psychological safety and open communication
- Implement trauma informed policies and practices
- Promote work-life balance and employee self-care

Investing in the mental health of your employees is not only the right thing to do—it's also a smart business strategy. Studies show that every \$1 invested in workplace mental health interventions yields a \$4 return in improved health and productivity.

WORKSHOP OPTIONS:

- Trauma-Informed Leadership for Increased Productivity
- Creating a Trauma-Informed Workplace to Increase Employee Mental Health & Well-Being
- Trauma-Informed Practice & Awareness in the Workplace to Increase Mental Health & Well-Being
- Using Positive Psychology In The Workplace To Increase Mental Health & Well Being Of Employees
- Positive Psychology In The Workplace To Create Psychological Safety & Awareness To Build Trust
- The Importance Of Using Positive Psychology In The Workplace To Drive A Positive Work Culture

All our workshops are CPD/CE accredited, ensuring that your organisation receives the highest standard of trauma informed training. Each can be delivered in **90-minute**, **3-hour** or **6-hour** workshops, as intensives or split over multiple sessions, to suit your organisation.

TAKE THE FIRST STEP TOWARDS
TRANSFORMING YOUR
WORKPLACE CULTURE TODAY
BY CONTACTING US TO BOOK
A WORKSHOP OR SCHEDULE A
CONSULTATION.

Together...

**We can create psychologically safe workplaces where
your teams thrive.**

Trauma-Informed Workshops FOR PUBLIC SECTOR ORGANISATIONS



Public sector organisations, from healthcare to social services, play a vital role in supporting and serving our communities. However, the demanding nature of this work, combined with the high prevalence of trauma among both staff and service users, can lead to significant challenges in maintaining a healthy, resilient workforce.

IMPLEMENTING TRAUMA-INFORMED

PRACTICES IN PUBLIC SECTOR SETTINGS:

Implementing trauma-informed practices in public sector settings can have a profound impact on both the wellbeing of staff and the quality of services provided to your community.

By understanding the pervasive effects of trauma and creating a culture of safety and support, you can:

- Enhance service delivery and outcomes for trauma affected individuals
- Improve staff resilience, job satisfaction, and retention
- Reduce burnout, secondary traumatic stress, and compassion fatigue
- Foster stronger, more trusting relationships with the community
- Contribute to a more trauma-informed, healing-centred society

Our workshops, specifically tailored to the unique needs of public sector organisations, provide the knowledge and tools needed to integrate trauma-informed practices into daily operations and service delivery.

OUR WORKSHOPS:

Our workshops, specifically tailored to the unique needs of public sector organisations, provide the knowledge and tools needed to integrate trauma-informed practices into daily operations and service delivery.

RECOMMENDED WORKSHOPS FOR PUBLIC SECTOR ORGANISATIONS:

90-Minute Trauma-Informed Practice & Awareness in the Workplace to Increase Mental Health & Well-Being

This foundational workshop is ideal for introducing the concepts of trauma-informed care and their relevance to public sector work.

3-Hour Trauma-Informed Practice & Awareness in the Workplace to Increase Mental Health & Well-Being

Dive deeper into the practical application of trauma-informed principles and strategies in this comprehensive session.

6-Hour Trauma-Informed Practice & Awareness in the Workplace to Increase Mental Health & Well-Being

For organisations seeking to fully immerse their staff in trauma-informed practices, this intensive workshop provides in-depth training and skill-building opportunities.

The impact of trauma-informed public sector organisations extends far beyond the workplace. By providing compassionate, informed support to those who have experienced trauma, your organisation can help break cycles of adversity and contribute to the healing and resilience of entire communities.

Investing in the well-being and resilience of public sector staff is essential for ensuring the sustainable, effective delivery of vital services. Our workshops offer a pathway to creating trauma-informed organisations so you can better serve your communities while also supporting the dedicated individuals who do this important work.

**DON'T WAIT TO MAKE A DIFFERENCE IN THE LIVES OF YOUR
STAFF AND THE COMMUNITIES YOU SERVE.**

1:1 Coaching FOR INDIVIDUALS



Work with us 1:1 to kickstart your own healing journey. Learn to uncover and understand the trauma stored in your body so you can live a happier, healthier life.

Our 1:1 coaching services, featuring the Trauma Unlocking™ Workbook, offer a powerful, personalised approach to understanding past experiences so you can heal.

Trauma, whether experienced in childhood or adulthood, can leave invisible scars that affect every aspect of our lives. From our relationships and self-esteem to our physical health and overall wellbeing, the effects of unresolved trauma can be profound and far-reaching.

But healing is possible, and you don't have to navigate this path alone. Our certified somatic, trauma-informed coaches are here to guide you through the process of uncovering and processing the trauma stored in your body.

The Trauma Unlocking™ Workbook is a unique, comprehensive tool that integrates cutting-edge approaches like Internal Family Systems (IFS) and nervous system mapping to help you:

- Develop a deeper understanding of your own trauma responses and triggers
- Learn to regulate your nervous system and build emotional resilience
- Identify and work with different parts of yourself for greater self-awareness and healing
- Process past experiences in a safe, supportive environment
- Cultivate self-compassion and embrace your innate resilience

The workbook is combined with a powerful 1:1 coaching system that incorporates other techniques such as somatic work, attachment theory, and polyvagal theory, all of which work together to create a holistic, transformative healing experience.

THROUGH THIS PERSONALISED APPROACH, YOU'LL GAIN THE TOOLS AND INSIGHTS NEEDED TO:


- Break free from patterns of thought and behaviour that no longer serve you
- Develop healthier relationships with yourself and others
- Enhance your self-awareness and emotional intelligence
- Increase your capacity for joy, connection and fulfilment
- Reclaim your sense of agency and empowerment

Investing in your own healing journey is one of the deepest acts of self-care and self-love you can make. It takes courage to confront the pain of the past, but with the right support and tools, you can emerge stronger, wiser, and happier than ever before.

Our coaches are here to provide a safe, non-judgmental space for you to understand your experiences, learn new coping strategies, and unlock your potential.



**TAKE THE FIRST STEP
TOWARDS A BRIGHTER,
MORE EMPOWERED FUTURE.**



Being Trauma Informed Is The Next Generation Solution

When individuals, schools and organisations are equipped with the understanding and tools to support those affected by trauma, everyone wins. This approach promotes safer, more supportive environments, enhancing personal growth, resilience, and inclusivity. It's about creating spaces where everyone feels understood and empowered, ultimately contributing to a healthier, more empathetic world.

But it's also a smart financial decision for any institution, school or organisation - because investing in mental wellbeing has been shown to provide a \$4 return on every \$1 invested in improved health and productivity.

THE LIFE-CHANGING BENEFITS OF BEING TRAUMA INFORMED:

For Individuals:

- Better relationships
- Better parenting
- Better coping skills
- Better emotional regulation

For Organisations:

- Improved attendance
- Less absenteeism & sickness
- Improved performance & efficiency
- Increase in profitability
- Improved staff wellbeing
- Improved workplace culture
- Increase in psychological safety
- More inclusive cultures attract top talent
- Greater staff satisfaction & retention

By prioritising our mental health and well-being and seeking support when needed, we can create a ripple effect of healing that touches every aspect of our lives.

Whether you're an individual looking to embark on your own healing journey or a school or organisation seeking to create a more trauma-informed environment, we're here to support you.

Take the first step today and contact us to learn more about how our workshops and coaching services can help you unlock your full potential and create lasting, positive change.

WHY BECOME TRAUMA INFORMED?



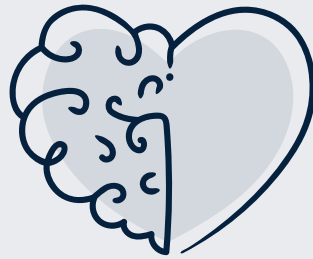


Trauma is not
what happens to you...
It is what happens
inside of you as a
result of what
has happened to you

DR GABOR MATE



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Book Your Workshop or Contact Us
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