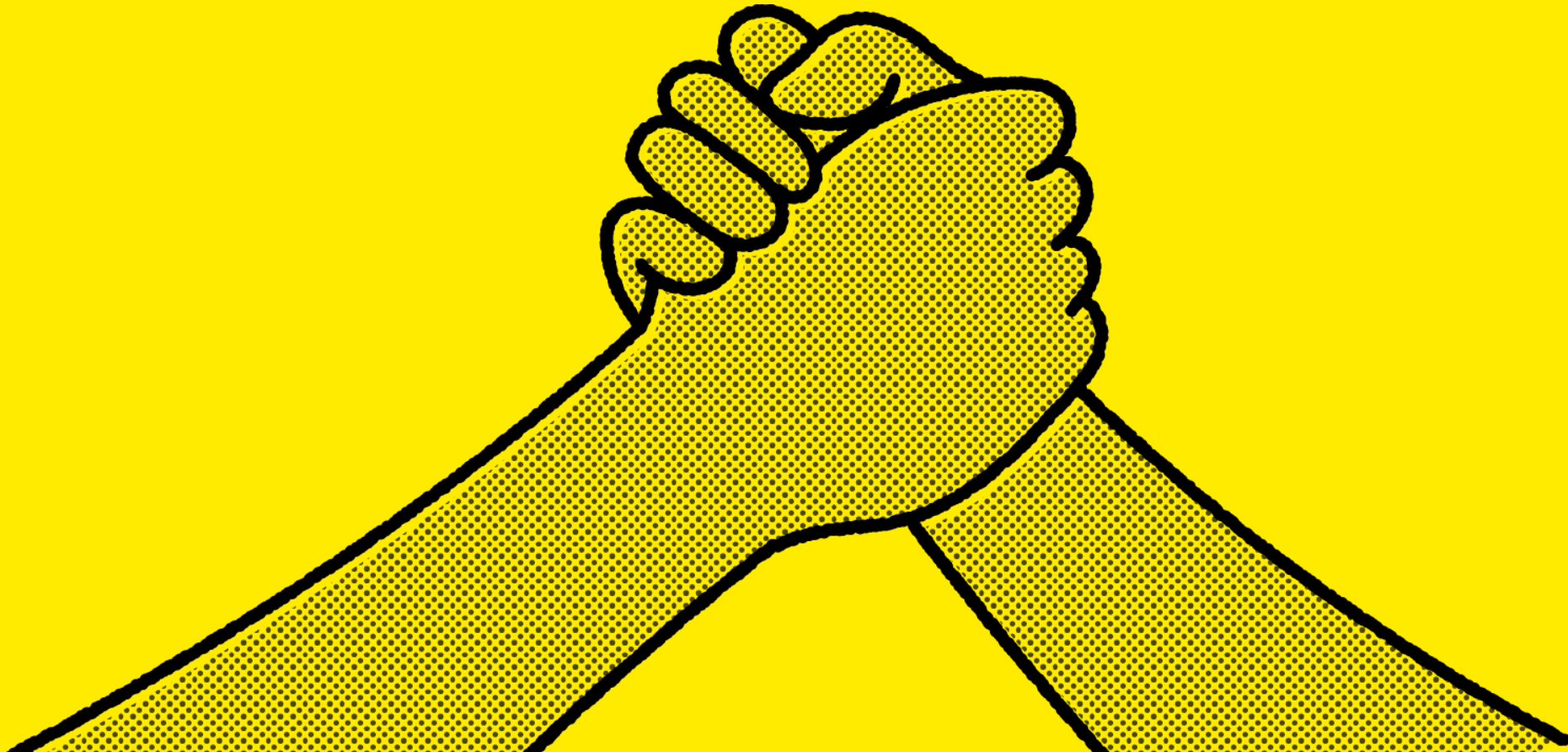


NABS

NABS Training.

Advancing Mental Wellness Together.



2026

**The best of NABS' development expertise,
Designed to meet your needs, upskill your
teams and advance mental wellness in
your organisation.**

A stylized, hand-drawn illustration of a hand holding a rectangular sign. The hand is filled with a halftone dot pattern and has a thick black outline. The sign is white with a black border and contains the text 'What's on offer?'. The background is white with a thick black border at the bottom.

**What's
on
offer?**

A selection of evidence based, industry-focused learning experiences. All expertly facilitated with NABS' cutting-edge insight.

Grow: Personal development and skills-based workshops led by experts, suitable for all levels

Managers Mindsets': A programme designed to support Managers at every level with practical skills

Explore: Coach-led discussions to deep dive areas of focus

Connect: Therapist-led sessions on specific topics

timeTo: sexual harassment awareness & active bystander training

Fast Forward: Industry led pitching training for early career talent

Contact nabs.training@nabs.org.uk to discuss or book.

Workshops.

A series of expert-led 2hr30min workshops, designed to develop the skills and mindsets needed to help people thrive in our industry. Suitable for all levels.

Workshops:

- Confidence & Gravitas
- Rapport & Influence
- Create Your Personal Brand
- Resilience to Pressure
- Leading Influential Conversations
- Unleash Your Career
- Debrief, De-stress, Decompress

Pricing:

£2,000+VAT for up to 20 attendees

£3,595+VAT for up to 50 attendees



Managers Mindsets'.

A programme of five 2hr30min expert-led workshops, designed with our industry's Managers real world experiences and needs at its heart. Suitable for Managers at every level.

- * Leading through change
- * Managing team pressure
- * Mental wellness conversations
- * Inclusive leadership
- * Boost your coaching skills

Pricing: £2000+VAT for up to 20 attendees

Manager specific Explore sessions also available on topics such as – Effective feedback skills, holding safe spaces, ADHD and much more



Explore.

A series of 90-minute coach-led sessions, designed to help people understand emerging industry or personal impact issues through collective exploration in a safe space. Suitable for all levels.

We have a wide variety of sessions covering topics such as:

- Money anxiety
- ADHD working strategies
- Thriving as a parent or carer
- Effective feedback skills
- Harnessing your powers of influence
- Set foundations with boundaries
- Purposeful job searching
- Navigating challenging conversations
- Future mapping: life after loss
- Many more topics available, just ask the team!

Pricing:

£1,350+VAT for up to 20 attendees

£1,995+VAT for up to 50 attendees

£2,495+VAT for up to 100 attendees



Connect:

A series of 90-minute therapist-led discussion sessions, designed to support people to learn, connect and care for themselves in a safe space.

We have a wide variety of sessions covering topics such as:

- Making sense of grief
- Together through anxiety
- Navigating redundancy and organisational change
- Unravelling neurodivergence together
- Many more topics available, just ask the team!

Pricing:

£1,350+VAT for up to 20 attendees

£1,995+VAT for up to 50 attendees



#timeTo

In Partnership with



• FOUNDED IN 1923 •

timeTo Sexual Harassment Awareness Training.

Understanding and challenging sexual harassment in our industry. Education and action are key to stamping out sexual harassment in our industry for good.

As an employer you have a legal obligation to take demonstrable action to prevent sexual harassment from happening in your workplace. In line with the Workers Protection Act 2023.

Prices from £1,395+VAT for groups of 20

Taking Action: Active Bystander Training.

This training is designed to enable individuals to spot sexual harassment and to empower everyone to use the timeTo bystander intervention model confidently and safely to collectively create a safer environment where any form of harassment does not go unchallenged.

As an employer you have a legal obligation to take demonstrable action to prevent sexual harassment from happening in your workplace.

Prices from £1,395 +VAT for groups of 20

How to book?

email our training team at timetotraining@nabs.org.uk



Fast Forward.

Learn to pitch; make industry contacts for life.

Who's it for? Junior - mid level talent or anyone looking to develop pitching skills.

Experience: join a team & learn to pitch to a client in a competitive environment.

Insight: gain tricks of the trade from industry leaders.

Mentorship: industry mentors are with you every step of the way.

Support: NABS guides your mental wellness through the pitch process.

Connection: grow your industry networks & friendships

Community and careers: join over 1300 people as part of NABS' Fast Forward Alumni and unlock onward opportunities to support you and your career.

Per Person £1,500 +VAT

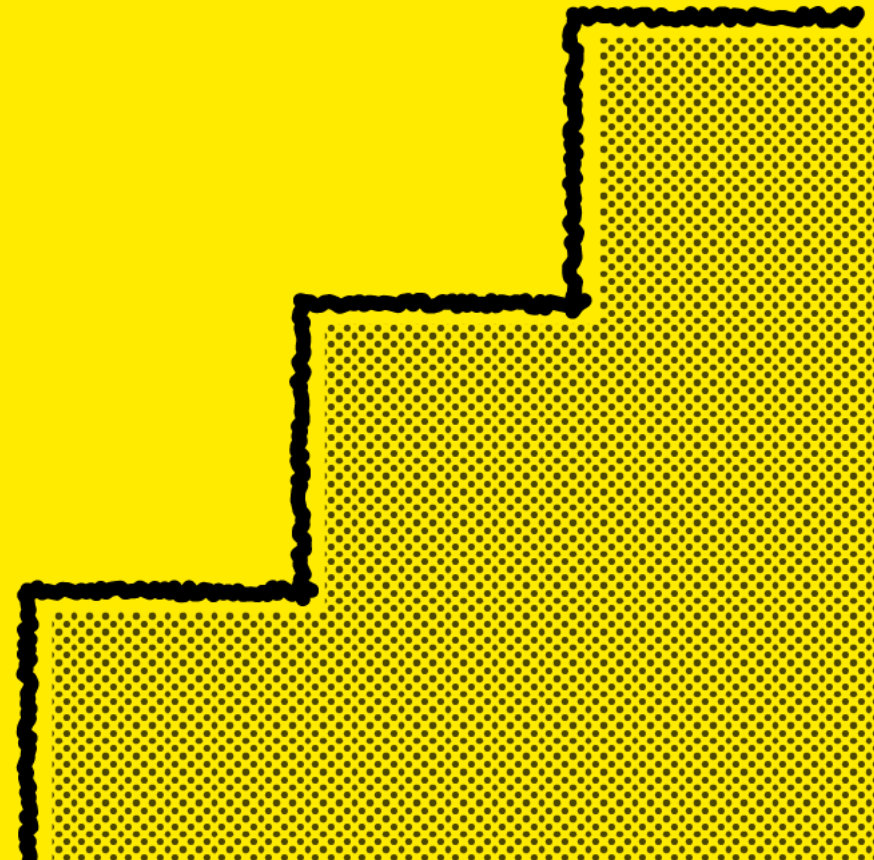


Appendices.

Detailed information on our workshops.

Please contact our team to discuss any session in more detail or to make a booking.

nabs.training@nabs.org.uk



Confidence & Gravitas.

First impressions matter and so does the way we consistently show up. Whether you're speaking in a meeting, presenting ideas, or simply connecting with colleagues, confidence and gravitas help you build trust, influence, and strong professional relationships.

This practical session is designed to explore what confidence - while staying true to who you are. confidence really means and how to develop it authentically - grounded in your values, strengths and self-belief. Through actionable tools you'll learn how to recognise different communication styles and engage others with warmth

What will I learn?

In this expert-led workshop, together we will:

- Explore what confidence and gravitas mean to you
- Develop strategies to shift from limiting beliefs to empowering beliefs
- Understand how your presence and personal values shape your impact
- Grow your confidence and skills to communicate authentically with purpose
- Learn practical skills and techniques to enhance your confidence and executive presence

Rapport & Influence.

Building rapport quickly and authentically plays a big part in how we connect, collaborate, and influence those around us. It creates the kind of trust that not only strengthens relationships - but also inspires action through influence.

This practical session is designed to explore what genuine rapport and ethical influence look like in today's working world. Using actionable tools drawn from NLP, Emotional Intelligence, and neuroscience, we'll dive into how to recognise different communication styles - verbal, non-verbal and in virtual spaces - and how to respond with confidence, clarity and authenticity.

What will I learn?

In this expert-led workshop, together we will:

- Explore what rapport and influence really mean—and why they matter
- Learn how to recognise and adapt to others' behaviours and styles
- Understand how body language, tone and presence affect connection
- Explore how to build your “social capital” through trust and empathy
- Develop practical skills and techniques you can apply in everyday situations

Create Your Personal Brand.

In a fast-moving industry like ours, knowing who you are - and being able to communicate it clearly - can be a game-changer. Your personal brand isn't just about visibility; it's about being intentional with how you show up, what you stand for, and how you add value.

This practical session is designed to help you uncover what makes you *you* - and how to grow that into a brand that feels real, relevant, and rooted in your strengths. Through storytelling, reflection and actionable tools, you'll shape a brand that can support your growth, elevate your presence, and open new opportunities.

What will I learn?

In this expert-led workshop, together we will:

- Explore what an authentic personal brand looks and feels like
- Clarify your values, strengths and what makes you stand out
- Learn how to bring your brand to life in your day-to-day behaviours
- Develop your story using powerful storytelling techniques
- Understand how to grow your reputation with intention and confidence

Resilience to Pressure.

Pressure is part of life – how we manage it is unique to us. We all face pressure and stress, whether from work, personal life, or both. The key lies in building our resilience resources, which empower us to navigate these challenges with greater ease and strength.

This session focuses on understanding how to build resilience and manage stress in a way that's personal to you. No matter what pressures you are juggling, we're in your corner. We'll help you develop the skills to handle them with confidence and clarity.

What will I learn?

In this expert-led workshop, together we will:

- Distinguish between pressure and anxiety - how these can lead to stress and impact your wellbeing
- Learn practical strategies to strengthen your resilience
- Understand emotional triggers and limiting beliefs that affect your stress responses
- Develop skills and techniques to take positive control of your thinking patterns, to overcome limiting behaviours and regain control
- Share practical ways to improve performance and wellbeing

Leading Influential Conversations.

Influence isn't about having the loudest voice in the room - it's about knowing your purpose and using it to guide conversations that connect, inspire, and create change.

Having a clear sense of purpose and being able to communicate it effectively is key to influencing others. It's a powerful motivator - it draws people toward your vision, rather than pushing them. It also keeps you motivated by tapping into your own intrinsic drive, helping you stay focused and inspired along the way.

What will I learn?

In this expert-led workshop, together we will:

- Explore what really drives influence and what helps others respond to your ideas
- Understand the science behind motivation and how this sparks action
- Develop practical strategies to harness your sense of purpose and powerfully shape your communication
- Learn skills and techniques to help you speak with authenticity and lead conversations that move people

Debrief, de-stress, decompress.

In our fast-paced environment, we often move from one task - or one tough moment - to the next without pausing to process what just happened. Over time, this can take a toll on our wellbeing, focus, and confidence.

This session delves into science-backed debriefing techniques designed to help you reflect and move forward with intention.

What will I learn?

In this expert-led workshop, together we will:

- Explore the neuroscience behind debriefing and how it supports mental wellness and productivity
- Learn two practical techniques you can use anytime for self-reflection and thoughtful action
- Practice the techniques in real time and consider how they feel for you
- Create your own plan, setting meaningful goals to bring what you've learned into your day-to-day

(There is also a special version of this course tailored for MHFAs, Allies and HR).

Unleash Your Career.

Whether you're clear on your career path and confident in your next steps, going with the flow with no plan or feeling confused about what comes next, we're here to help you discover and embrace new possibilities.

Developing a growth mindset approach to career planning opens up a world of potential—one that can inject energy and creativity into your plans and spark ideas you might never have considered before.

What will I learn?

In this expert-led workshop, together we will:

- Understand the neuroscience of growth mindset, how your brain can help your career growth
- Assess your current mindset, reflecting on where you are presently and how to shift your thinking
- Develop practical strategies to help you plan your career with flexibility and creativity
- Embrace your network - who could inspire and challenge you as part of your career journey
- Plan for your career goal - bring a real goal with you and develop actionable steps using a growth mindset

Inclusive Leadership.

Great leadership isn't just about managing people – it's about creating an environment where everyone feels valued, heard and empowered to do their best work. Inclusion isn't a box to tick, it's a mindset, a practice and a responsibility.

This practical workshop is designed for leaders and managers – whether new or experienced – who want to lead with inclusivity at the heart of their approach. We'll explore what it truly means to be an inclusive leader, understand the impact of inequity and develop practical strategies to foster belonging within our teams. Whether you're just starting this journey or looking to refine your skills, you'll leave with the tools to create a culture where diverse perspectives thrive.

This session is shaped by insights from NABS' research in collaboration with MEFA, Outvertising and Brixton Finishing School.

What will I learn?

In this expert-led workshop, together we will:

- Learn what inclusive leadership looks like in practice
- Recognise the impact of inequity and how to challenge it
- Develop ways to role model authentic allyship
- Learn strategies to create a sense of belonging within your team
- Explore ways to foster psychological safety and encourage openness
- Develop practical actions to embed inclusivity into everyday leadership

Managing Team Pressure.

Pressure is part of any fast-moving work environment - but when it builds unchecked, it can take a toll on performance, morale, and wellbeing. As managers we can help our teams navigate it in a way that keeps them engaged, supported and motivated.

This practical workshop is designed for managers – whether new or experienced – to take the opportunity to step back, identify the root causes of stress within our teams and explore techniques to manage pressure more effectively. You'll gain tools to support your teams wellbeing while maintaining high performance and a positive, healthy team culture.

What will I learn?

In this expert-led workshop, together we will:

- Recognise how pressure and stress impact team performance
- Identify key stressors within your team and yourself
- Develop strategies to manage unhealthy pressure
- Learn how to support healthy performance without leading to burnout
- Establish healthy boundaries that help teams thrive, even under pressure

Leading Through Change.

Change is constant – it can be exciting but also unsettling. As managers, we're often the bridge between big transitions and the teams we support. And while we can't always control the pace of change, we can shape how we lead through it.

When change feels like too much it can tip into anxiety, resistance, disengagement and stress. That's why understanding the human side of change is essential.

This practical workshop is designed for managers – whether new or experienced – whether you're leading a team through a major transition or managing everyday shifts, you'll gain actionable strategies to communicate with clarity, support your team effectively and maintain stability – even in uncertain times.

What will I learn?

In this expert-led workshop, together we will:

- Explore the psychology behind change and why resistance occurs
- Learn to recognise the emotional responses teams and individuals can experience during transitions
- Develop strategies to communicate change clearly and compassionately
- Strengthen skills to keep teams engaged, motivated and productive through uncertainty
- Understand how to support our own resilience as managers to lead with confidence

Boost Your Coaching Skills.

In fast-paced environments, strong teams are built on trust, open conversations and a culture of growth. As managers, creating that space isn't just beneficial – it's essential.

This practical workshop is designed for managers – whether new or experienced – who want to develop coaching skills that empower their teams. Whether you're just starting to use coaching techniques or refining your approach, we'll explore strategies to help team members build confidence, take ownership, and collaborate more effectively. And because great coaching isn't just about others, you'll gain valuable skills that support your own growth as a leader, too.

What will I learn?

In this expert-led workshop, together we will:

- Understand the coaching mindset – what it is and how it differs from mentoring, counselling and training
- Learn how to seamlessly shift from managing to coaching
- Explore what makes coaching truly effective
- Strengthen active listening and questioning skills through hands-on practice
- Use proven coaching models like GROW to structure impactful conversations

Mental Wellness Conversations.

Talking about mental wellness at work isn't always easy. Even with experience, knowing how to approach these conversations can feel uncertain. But it's becoming crucial.

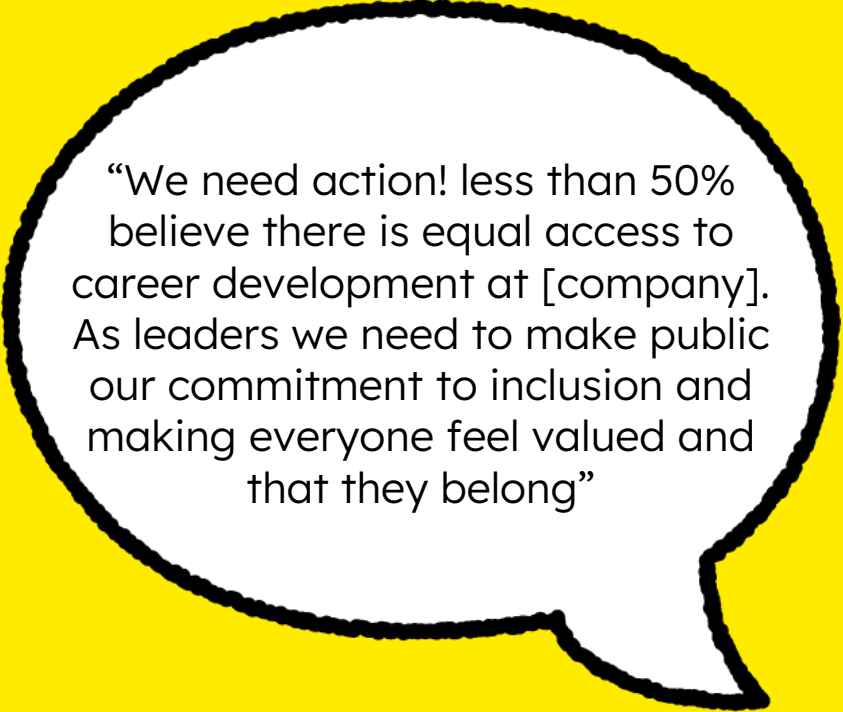
This practical workshop is designed for managers – whether new or experienced – who want to build skills and confidence in recognising when someone may need support. We'll explore the signs to look out for, develop skills to navigate conversations with care and learn how to foster a culture where openness and wellness go hand in hand. And because supporting others starts with looking after ourselves, we'll learn strategies for self-care while supporting our teams.

What will I learn?

In this expert-led workshop, together we will:


- Learn to recognise when a team member may need support
- Develop practical skills to start and navigate mental wellness conversations
- Understand common barriers to open discussions – and how to overcome them
- Learn how leading with openness strengthens a supportive team culture
- Prioritise self-care as managers, with strategies to maintain our own wellbeing

What People Are Saying.

A white speech bubble with a thick black outline, containing text about career development and inclusion.

“We need action! less than 50% believe there is equal access to career development at [company]. As leaders we need to make public our commitment to inclusion and making everyone feel valued and that they belong”

Inclusive Leadership workshop

A white speech bubble with a thick black outline, containing text about self-confidence and communication.

“I’d highly recommend anyone who struggles with their self confidence at work or wants to improve the way they communicate or think of themselves to attend the workshop! Thank you NABS!”

Confidence & Gravitas workshop

NABS

Thank you

nabs.org.uk