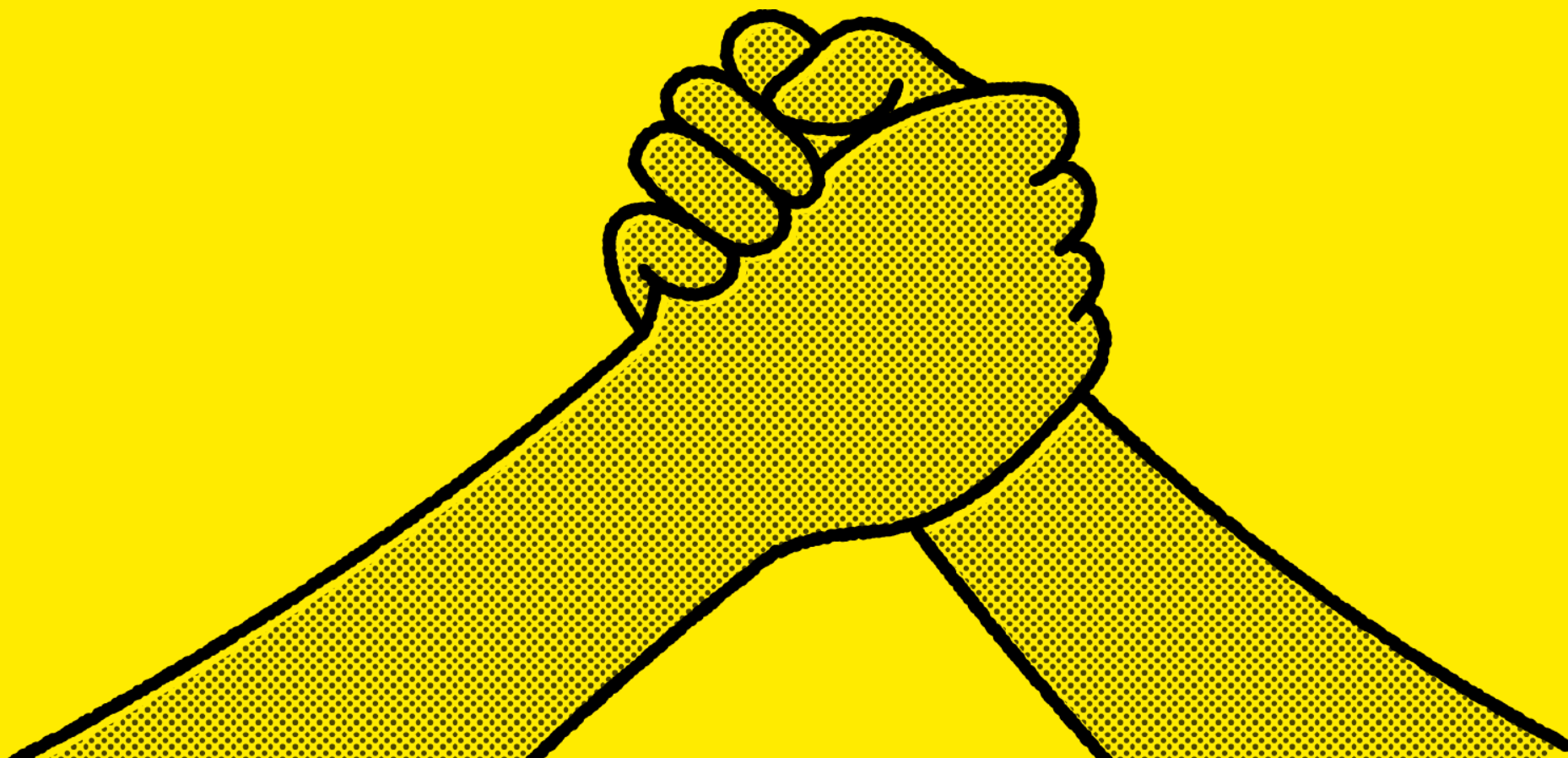


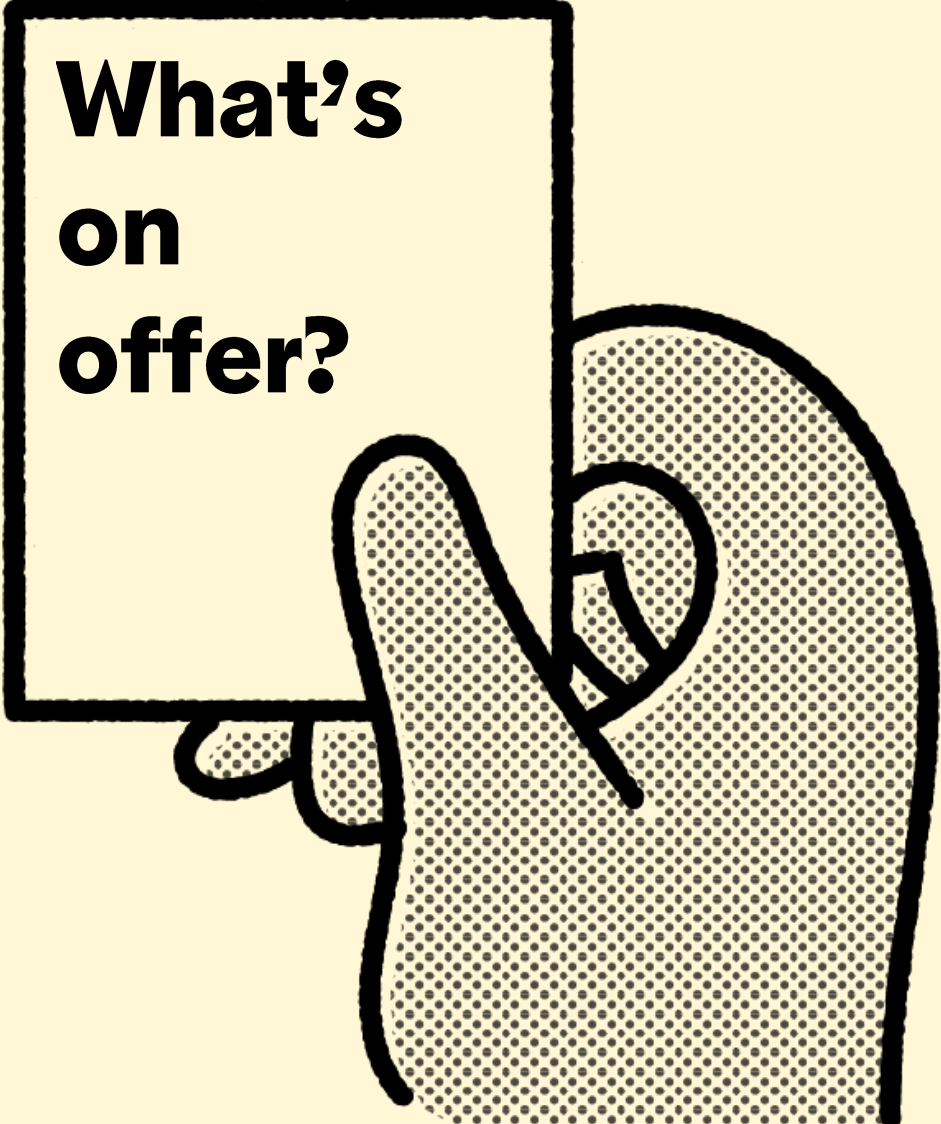
NABS

NABS Training.

Advancing Mental Wellness Together.



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



**What's
on
offer?**

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

NABS Lunch Labs: 1-hr Lunch labs on bite-size practical topics, suitable for all levels. *Pages 4-6*

Workshops: Personal development and skills-based, led by experts, suitable for all levels. *Pages 7-11*

The Essential Manager: A programme to develop Managers at every level with practical skills. *Pages 12-15*

Explore: Coach-led discussions to deep dive areas of focus. *Pages 16-22*

Connect: Therapist-led sessions on specific topics. *Pages 23-25*

timeTo: Sexual harassment prevention & How to challenge harassment training. *Pages 26-28*

Fast Forward: Industry led pitching training for early career talent. *Page 29*

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

NABS Lunch Labs.

Inspire, engage and equip your people in just 60 minutes.

NABS Lunch Labs are expert-led, bite-sized learning sessions designed to fit seamlessly into team days, conferences, leadership events and lunch-and-learns.

Packed with practical insights, industry expertise and immediately applicable tools, these interactive sessions help employees develop skills, boost wellbeing and navigate workplace challenges - all within a highly engaging 60-minute format. Whether you're looking to energise a conference agenda, add value to a team away day or support employee development throughout the year, Lunch Labs offer an accessible way to bring learning and wellbeing into the working day.

Why organisations choose our Lunch Labs

- Expert-led, high-impact sessions
- Designed specifically for the advertising, media and marketing industry
- Practical tools people can apply immediately
- Flexible format for conferences, team days and employee development programmes
- Engaging, accessible and relevant for busy teams
- The impact

A simple, cost-effective way to bring expert insight, practical learning and meaningful conversations to your people.

Need something a little more bespoke? Contact our team to discuss - nabs.training@nabs.org.uk

Pricing

£1295+VAT for up to 25 attendees

£1995+VAT for 25-100+ attendees



Performing Through Pressure.

Our industry is fast-moving and high-pressured, but sustained performance shouldn't come at the expense of wellbeing.

Join NABS, the advertising and media industry's wellbeing charity, for this expert-led Lunch Lab exploring practical ways to manage pressure, spot the signs of stress and burnout, and build healthier, more resilient ways of working.

In this interactive 60-minute session, we'll explore:

- The link between wellbeing, performance and team culture
- How to recognise the early signs of stress and burnout
- Practical strategies to build resilience and maintain balance
- Ways to foster psychological safety and a culture of care
- Sustainable habits that support wellbeing, confidence and performance

You'll leave with actionable tools to help manage pressure more effectively, strengthen resilience and support both your own wellbeing and that of the people around you.

Create Your Personal Brand – 1-hr.

In our competitive industry, how you're known can actively support what you do. Building an authentic personal brand helps you communicate your strengths, increase your visibility and create opportunities for growth.

Join NABS, the advertising and media industry's wellbeing charity, for this expert-led Lunch Lab designed to help you define what makes you unique and communicate it with confidence.

In this interactive 60-minute session, we'll:

- Explore what an authentic personal brand looks like
- Clarify your strengths, values and unique contribution
- Develop a compelling professional story
- Learn how to bring your brand to life through everyday actions and behaviours
- Build confidence in raising your profile and increasing your impact

You'll leave with practical tools to strengthen your presence, communicate your value and build a personal brand that's authentic, memorable and aligned with your career goals.

Your Nervous System Lab.

In our high-pressure industry, understanding your stress response is key to protecting your wellbeing and performing at your best.

Join NABS, the advertising and media industry's wellbeing charity, for this expert-led Lunch Lab exploring how stress affects the mind and body, why we react the way we do under pressure, and practical ways to regain balance.

Together, we'll explore:

- Your personal stress triggers and patterns
- The Stress Curve and how pressure impacts performance and wellbeing
- What happens in the nervous system during stress
- Practical techniques to calm your system and build resilience
- Everyday habits that support long-term wellbeing

You'll leave with a better understanding of your stress response and a practical toolkit to help you feel calmer, more in control and better equipped to navigate pressure at work and beyond.

Power of the Pause.

Our industry moves fast. Deadlines, change, uncertainty and constant demands on our attention can leave us running on autopilot, even when we know we need a moment to reset.

Power of the Pause is an interactive mindfulness session designed to help you step out of the rush and reconnect with yourself. Together, we'll explore how mindful pauses can support mental and physical wellness, helping us respond to pressure with greater clarity, focus and balance. You'll be guided through a simple mindfulness meditation – an invitation to experience the benefits for yourself.

This 60-minute session will include:

- A short introduction to the benefits of mindful moments with simple insights from neuroscience.
- A guided mindfulness meditation.
- An opportunity to share reflections with others, if you'd like to.
- Practical ideas you can take away and use in everyday life.

No previous experience is needed. Whether you're completely new to mindfulness or already have an established practice, you're welcome to join us.

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.

Topics:

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

Pricing:

£2000+VAT for up to 25 attendees

£2995+VAT for up to 50 attendees



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.

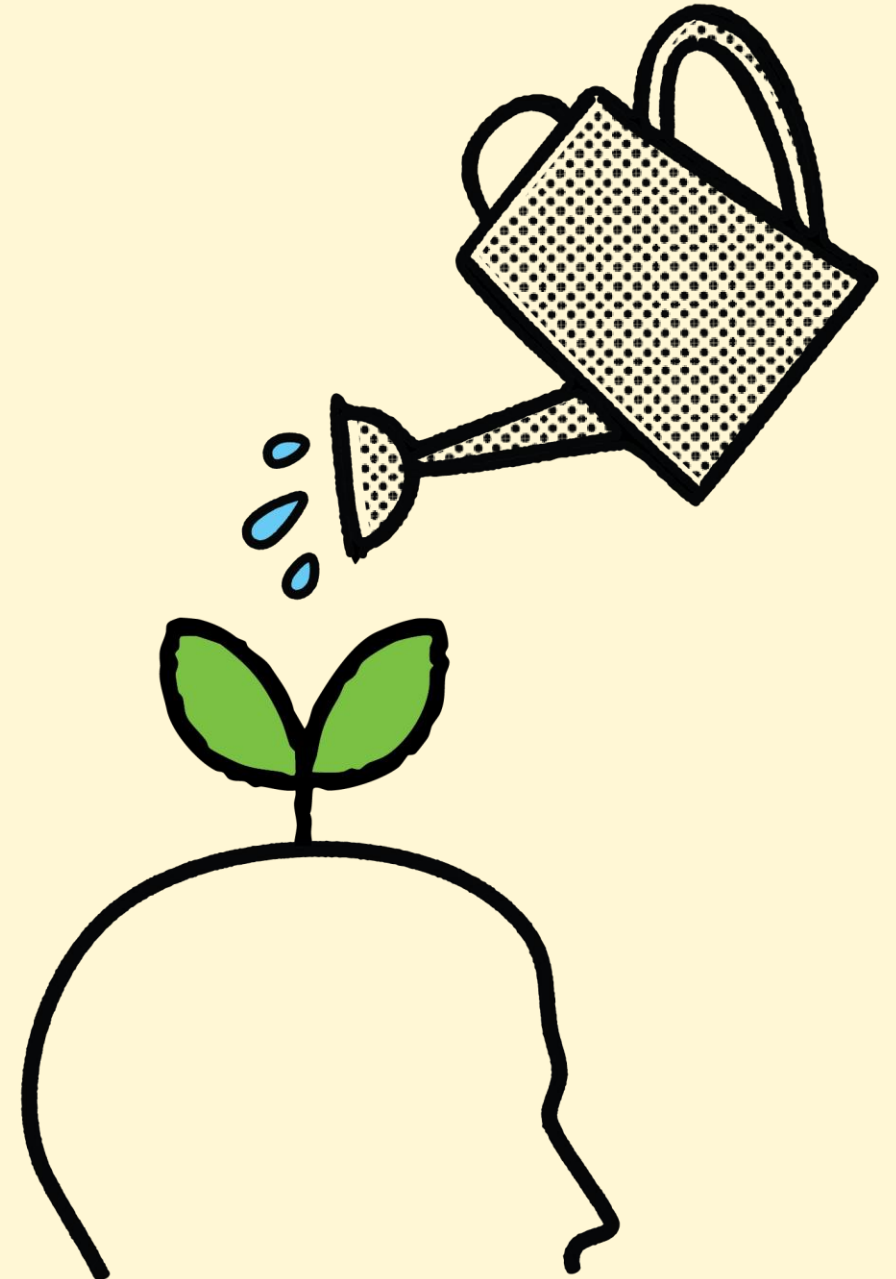
Whether you're clear on your career path and confident in your next steps, going with the flow with no plan or feeling confused about what comes next, we're here to help you discover and embrace new possibilities.

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



The Essential Manager Programme.

Equip your managers with the practical skills to support people, strengthen teams and lead with confidence.

Managers play a critical role in shaping workplace culture, wellbeing and performance - but many are expected to manage people without the tools, training or confidence to do it well.

Designed for our industry, this expert-led programme gives managers practical, immediately usable skills to navigate the moments that matter: having better conversations, supporting wellbeing, managing pressure & performance, building trust and navigating change.

Through five interactive 2.5hr workshops, managers develop the confidence and capability to lead people with clarity, empathy and consistency - creating stronger teams and healthier workplace cultures.

The programme helps organisations to:

- Build more confident, capable people managers
- Improve the quality of management conversations
- Support team wellbeing, engagement and performance
- Create more consistent people management across the business
- Strengthen culture, retention and resilience

Flexible, practical and tailored to your organisation, the Essential Manager Programme gives managers the tools they need to support their people - and helps teams do their best work.

Pricing:

- ❑ £2000+VAT for up to 25 attendees
 - ❑ £2995+VAT for up to 50 attendees
- Save 15% when you book all five workshops

Manager specific Explore sessions also available on topics such as:

- Effective Feedback Skills
- Holding Safe Spaces
- Navigating Challenging Conversations
- Supporting Neurodivergent Teams

Ask our team about other topics

Coach for Growth.

The best managers don't simply direct work - they help people grow. When team members feel empowered to think for themselves, take ownership and develop new skills, they become more confident, engaged and effective. In fast-paced environments, coaching is one of the most powerful tools a manager can use to unlock potential and build high-performing teams.

Part of our Essential Manager Programme, designed to equip managers with practical skills, confidence and tools to lead people effectively, this workshop will help you develop a coaching approach that drives growth, performance and engagement. Whether you're new to coaching or looking to refine your skills, you'll learn how to move beyond providing answers and instead create conversations that develop capability, encourage ownership and help others find their own solutions. You'll also strengthen skills that support your own growth and effectiveness as a leader.

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

Managing Mental Wellness Conversations.

Strong teams are built on more than performance alone. When people feel supported, able to speak openly and confident that help is available when they need it, they are more likely to stay engaged, resilient and connected. As a manager, knowing how to recognise when someone may be struggling - and having the confidence to start the conversation - has never been more important.

Part of our Essential Manager Programme, designed to equip managers with practical skills, confidence and tools to lead people effectively, this workshop will help you build the skills to recognise when a team member may need support and navigate mental wellness conversations with care. Whether you're new to management or have years of experience, you'll learn practical approaches to creating a culture where openness and wellbeing go hand in hand. Because supporting others starts with looking after ourselves, we'll also explore strategies to help you maintain your own wellbeing while supporting your team.

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

Managing Team Pressure.

High-performing teams need more than ambition and resilience to succeed - they need the right support. In fast-paced environments, pressure is inevitable, but when it goes unmanaged, it can impact wellbeing, engagement and performance. One of the most important skills a manager can develop is knowing how to help their team navigate pressure in a healthy and sustainable way.

Part of our Essential Manager Programme, designed to equip managers with practical skills, confidence and tools to lead people effectively, this workshop will help you understand the impact of pressure on individuals and teams, recognise when stress may be becoming unmanageable and develop practical strategies to support wellbeing without compromising performance. Whether you're new to management or a seasoned leader, you'll gain tools to create a healthier, more resilient team culture where people can thrive - even during challenging periods.

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

Lead Through Change.

Change is a constant in every organisation. Whether it's restructuring, new ways of working, shifting priorities or everyday operational change, managers play a critical role in helping teams navigate uncertainty. While we can't always control the pace or direction of change, we can influence how people experience it.

Part of our Essential Manager Programme, designed to equip managers with practical skills, confidence and tools to lead people effectively, this workshop will help you understand the human side of change and develop the skills needed to guide teams through periods of transition. Whether you're leading a major transformation or supporting your team through ongoing change, you'll learn practical strategies to communicate with clarity, build trust and maintain engagement when uncertainty arises.

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

Lead with Inclusion.

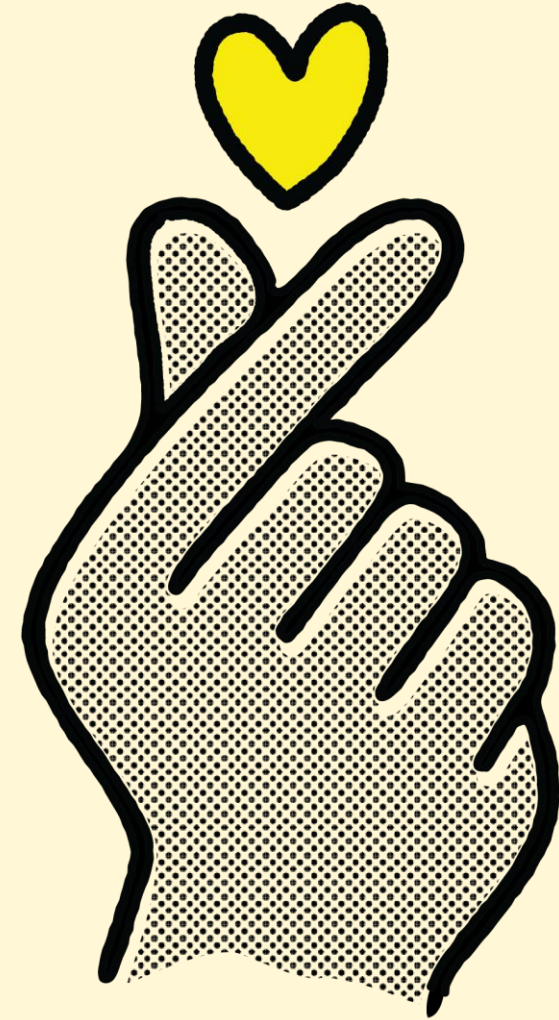
The best leaders don't just manage people - they create environments where everyone feels valued, heard and able to contribute at their best. In an industry fuelled by creativity, collaboration and fresh thinking, inclusive leadership isn't a nice-to-have - it's a critical leadership skill.

Part of our Essential Manager Programme, this practical workshop is designed to equip managers with the skills, confidence and tools they need to lead people effectively. Whether you're new to management or looking to strengthen your leadership impact, you'll explore what inclusive leadership looks like in practice, understand how inequity can show up in the workplace and develop practical strategies to foster belonging, trust and psychological safety. You'll leave with actionable approaches to help every member of your team thrive.

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

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



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 areas such as:

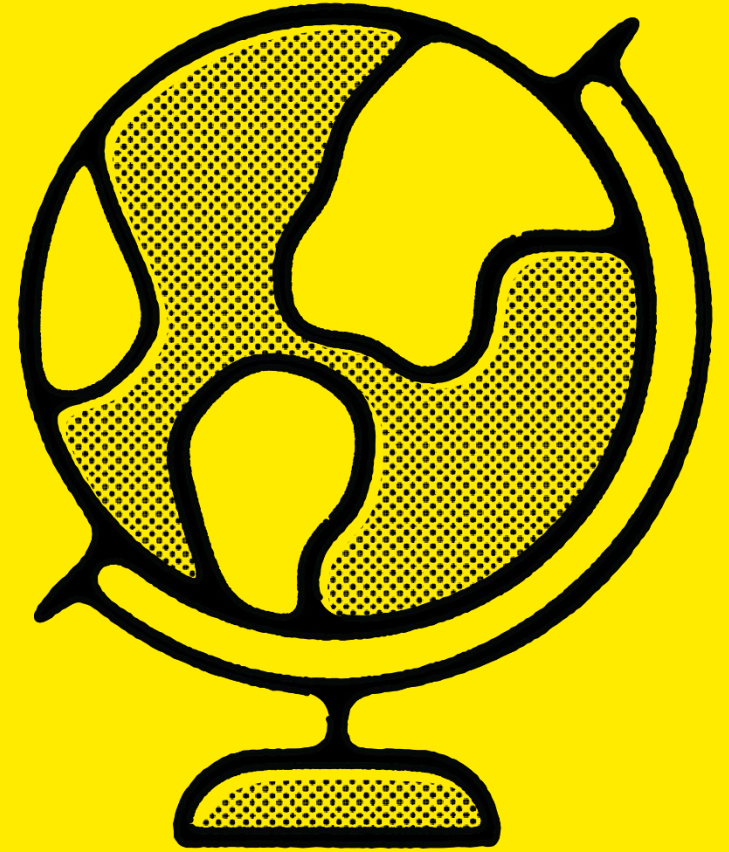
- Money & Mental Wellness
- ADHD Working Strategies
- Thrive While Caring
- Effective Feedback Skills
- Harnessing Your Powers of Influence
- Set Foundations with Boundaries
- Purposeful Job Searching
- Navigating Challenging Conversations
- Looking Ahead After Loss

Need support with a bespoke session?

Just ask the team!

Pricing:

£1350+VAT for up to 25 attendees
£1995+VAT for up to 50 attendees
£2495+VAT for up to 100 attendees



Money & Mental Wellness.

Worrying about money is something any of us can experience - whether it's an unexpected expense which causes concern or a constant source of stress. Especially in today's cost of living crisis.

If you've noticed money anxiety impacting your mental wellness or making it harder to address the practical steps you need to take, you're not alone.

In this coach-led discussion, together we will:

- Explore how money anxiety is showing up in our daily lives
- Discuss our relationship with money – and how our mindset shapes this
- Understand practical strategies to navigate money anxiety

This session offers a safe space to reflect, learn, and share with others facing similar challenges – in this online safe space.

Being able to recognise when we ourselves need support is incredibly important, If you would like help now, please give us a call on 0800 707 6607 between 9am – 5.30pm or email support@nabs.org.uk for tailored advice and guidance from one of our compassionate Support Team.

ADHD Working Strategies.

An open, coach-led session for anyone navigating ADHD, led by ADHD coach and content creator, Charlotte Forbes.

Whether you've been diagnosed with ADHD, think you might have it, or support someone who does, this session is for you.

In this coach-led discussion, together we will:

- Explore how ADHD affects executive function—and what that means for work, relationships, and everyday life
- Discover the interest-based attention system and how to shape your world in a way that works for you
- Understand why support at work matters, and how to ask for it with confidence
- Develop practical strategies to work with your brain, including setting goals that actually stick

You're warmly encouraged to have your camera and mic on to join the discussion – but there's no pressure. This is a space for shared stories, real talk, and useful takeaways.

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Effective Feedback Skills.

Feedback can be awkward - whether giving or receiving it. We know it's easy to feel defensive or worry about causing discomfort, but feedback is crucial for growth. So, how can we make it work for everyone?

As managers, providing constructive, psychologically safe feedback can help our team grow and improve, build better connections and create an environment where feedback becomes a powerful tool.

We'll explore practical strategies to give and receive feedback effectively and with confidence. You'll learn how to create a feedback culture that encourages openness, respect, and support. We're here to help.

In this coach-led discussion, together we will:

- Understand the importance of both giving and receiving feedback
- Uncover the common barriers to feedback and how to overcome them
- Explore effective feedback practices - a framework to guide your feedback conversations
- Learn how as managers you can foster a healthy feedback culture

This is an interactive session, we encourage you to bring your whole self, ready to fully participate. Let's share and grow together.

Thrive While Caring.

Building a career while caring for others can be rewarding, but it can also feel like a constant juggling act. Whether you're raising children, caring for family members or supporting loved ones, finding space for your own ambitions and wellbeing isn't always easy.

Join Reeha Alder for this coach-led Explore session, designed for parents and carers at any stage of their journey. In a supportive and confidential space, Reeha will guide discussions on balancing professional goals with caring responsibilities, helping you explore practical ways to protect your wellbeing, build resilience and continue growing both personally and professionally.

In this coach-led discussion, together we will:

- Explore your professional aspirations while honouring your responsibilities outside of work
- Develop practical strategies to balance competing demands without burning out
- Identify ways to prioritise your wellbeing and create sustainable self-care habits
- Discover how building connections with others can strengthen your support network

This is an opportunity to reflect, share experiences and learn alongside others who understand the realities of balancing career, parenting and caring responsibilities. You'll leave with practical ideas, fresh perspectives and greater confidence to navigate the challenges ahead.

If you would like additional support, please contact the NABS Support Team on 0800 707 6607 (9am-5.30pm) or email support@nabs.org.uk for confidential advice and guidance.

Harnessing Your Powers of Influence.

Influence isn't about having all the answers or being the loudest in the room. It's about how you show up, connect with others, and create meaningful impact.

Whether you're just starting out, stepping into leadership, or navigating change, this interactive session will give you the tools to better understand and use your power of influence with confidence and intention.

In this coach-led discussion, together we will:

- Explore how your personal influence shapes your authentic self
- Identify the challenges that might be blocking you – and how to move past them
- Grow your confidence to ask for what you need at all levels
- Develop practical tools you can use every day to navigate relationships and speak up with impact

This session offers a safe, inclusive space to reflect and work through proven frameworks to help you grow – and keep growing – in your career.

Being able to recognise when we ourselves need support is incredibly important, If you would like help now, please give us a call on 0800 707 6607 between 9am – 5.30pm or email support@nabs.org.uk for tailored advice and guidance from one of our compassionate Support Team.

Set Foundations with Boundaries.

You deserve to feel respected, understood, and in control of your time and energy.

Setting boundaries can feel tough at first - but it's one of the kindest things you can do for yourself and the people around you.

In this coach-led discussion, together we will:

- Discover how healthy boundaries can protect your energy, strengthen relationships, and help you show up as your best self
- Get clear on the types of boundaries you can set
- Have space to reflect on our own boundaries; where things are working and what can shift so you can thrive long-term
- Learn practical ways to set (and protect) them so you can speak up with confidence and stay true to yourself

Whether you're just starting out or looking to strengthen the boundaries you've already begun to set, we're right here with you - in your corner, every step of the way.

Being able to recognise when we ourselves need support is incredibly important, if you would like help now, please give us a call on 0800 707 6607 between 9am – 5.30pm or email support@nabs.org.uk for tailored advice and guidance from one of our compassionate Support Team.

Purposeful Job Searching.

We know searching for a new job can feel overwhelming – it can feel like a job in itself. Whether you've been hit with unexpected redundancy, are ready for the next step in your career or just want to explore new opportunities, it's completely natural to feel unsure about where to begin and how to make yourself stand out.

This session is here to support you through these challenges with practical guidance and a boost of encouragement, helping you build a job search strategy that's clear, focused and tailored to you.

In this coach-led discussion, together we will:

- Explore practical strategies to build momentum in your search
- Identify common job search obstacles – and how to overcome them
- Share practical ways to feel more confident in interviews
- Focus on maintaining your wellbeing throughout the process

Join us for an uplifting, hands-on discussion that's all about supporting you at every stage of your job search journey. This is a safe, inclusive space where you can reflect, learn, and work through proven methods to design a job search plan that works for you.

Navigating Challenging Conversations.

As a manager or leader we understand that you'll experience fulfilment and joy as your team grow and develop. But leadership isn't just celebrating wins – it also means navigating some tough moments with care and confidence.

These bumps in the road are part of the job, perhaps it's addressing poor performance, mental wellness challenges or explaining why someone isn't getting a promotion. These moments can feel uncomfortable. But you don't have to face them alone.

In this coach-led session, together we will:

- Explore why as humans we choose to avoid uncomfortable conversations – and how to overcome that hesitation
- Learn practical techniques on how to navigate challenging workplace conversations, whether in-person or remotely
- Gain fresh perspectives and ways to provide constructive feedback with kindness
- Practise having challenging conversations in a safe, supportive environment

This is an interactive session, we encourage you to bring your whole-self ready to fully participate. Let's share and grow together.

Looking Ahead After Loss.

Grief can change how we see ourselves, our relationships and our future. When life looks different after loss, it can be difficult to know what comes next.

Join Tanya Wilkinson, specialist grief coach, for this expert-led Explore session. In a safe and supportive space, Tanya will guide discussions around how grief can reshape our priorities, values and sense of direction, while helping us explore what moving forward might look like.

In this coach-led discussion, together, we will:

- Reflect on how loss may have changed your outlook, values and priorities
- Explore what the future could look like after bereavement
- Identify ways to nurture meaningful connections and protect your emotional energy
- Consider what you're ready to hold onto, let go of, or grow into
- Begin mapping a future that feels right for who you are now

This is a coach-led conversation designed to help you reflect, gain insight and connect with others who understand the impact of loss. There is no expectation to share more than feels comfortable.

If you would like additional support, please contact the NABS Support Team on 0800 707 6607 (9am–5.30pm) or email support@nabs.org.uk for confidential advice and guidance.

Future-Proof Yourself.

Uncertainty has become part of everyday life in our industry. From restructures and shifting priorities to changing client demands and evolving roles, it can be difficult to feel confident about what's next. Yet periods of change can also be an opportunity to pause, reflect and reconnect with the strengths that make you uniquely valuable.

Join Karen Charles for this coach-led Explore session, designed to help you build confidence, gain perspective and identify the strengths you can draw on when navigating uncertainty. In a supportive environment, you'll explore practical ways to stay grounded, reconnect with your values and focus on what you can control when the world around you feels unpredictable.

In this coach-led discussion, together, we will:

- Explore how to stay grounded and confident during periods of uncertainty
- Understand why uncertainty feels challenging and how to work with it more effectively
- Identify your top career strengths and how to use them intentionally
- Reconnect with your values and how they can guide future decisions
- Develop practical tools to help you feel more in control and adaptable

This is an opportunity to reflect, reconnect with your strengths and share experiences with others who understand the realities of working in a rapidly changing industry. You'll leave with greater self-awareness, renewed confidence and practical strategies to help you navigate whatever comes next.

If you would like additional support, please contact the NABS Support Team on 0800 707 6607 (9am–5.30pm) or email support@nabs.org.uk for confidential advice and guidance.

Working with Confidence.

Confidence isn't one-size-fits-all. Whether you're just starting out or well into your career, this session is here to help you understand, grow, and own your unique version of confidence in a way that is authentic.

No matter your role or career stage, this session is designed to equip you with the skills and mindset needed to approach your work with confidence.

In this coach-led discussion, together we will:

- Explore what confidence really means to you
- Understand how gravitas builds trust and credibility
- Identify and overcome common confidence blockers and how to move past them
- Develop practical strategies and techniques to build and sustain confidence authentically

This session offers a positive, supportive space to reflect and reconnect with your values - together, we'll grow our confidence.

Being able to recognise when we ourselves need support is incredibly important, If you would like help now, please give us a call on 0800 707 6607 between 9am – 5.30pm or email support@nabs.org.uk for tailored advice and guidance from one of our compassionate Support Team.

Supporting Neurodivergent Teams.

An open, coach-led session for anyone managing neurodivergent colleagues, teams or who want to expand their ability to support others.

Designed to give managers the confidence, clarity and practical tools to champion neurodiversity in everyday working life. We'll explore how to create an environment where every colleague feels understood, valued and able to thrive - without pressure, assumptions or guesswork.

In this coach-led discussion, together we will:

- Learn to recognise that everyone's experience is unique.
- Understand how to create a safe, open environment where colleagues can share what they need without pressure to disclose anything personal.
- Develop your role in inclusive practice - from reasonable adjustments to clear, flexible communication.
- Explore ways to support people to thrive, spotting early signs of stress, building on individual strengths and balancing team needs through transparent expectations.

Expect open discussion, real scenarios and space to reflect on your own leadership style. You'll leave feeling more informed, more equipped and backed by a set of practical strategies you can start using right away - because inclusive teams don't happen by accident and you don't have to figure it out alone.

Being able to recognise when we ourselves need support is incredibly important, If you would like help now, please give us a call on 0800 707 6607 between 9am – 5.30pm or email support@nabs.org.uk for tailored advice and guidance from one of our compassionate Support Team.

Connect.

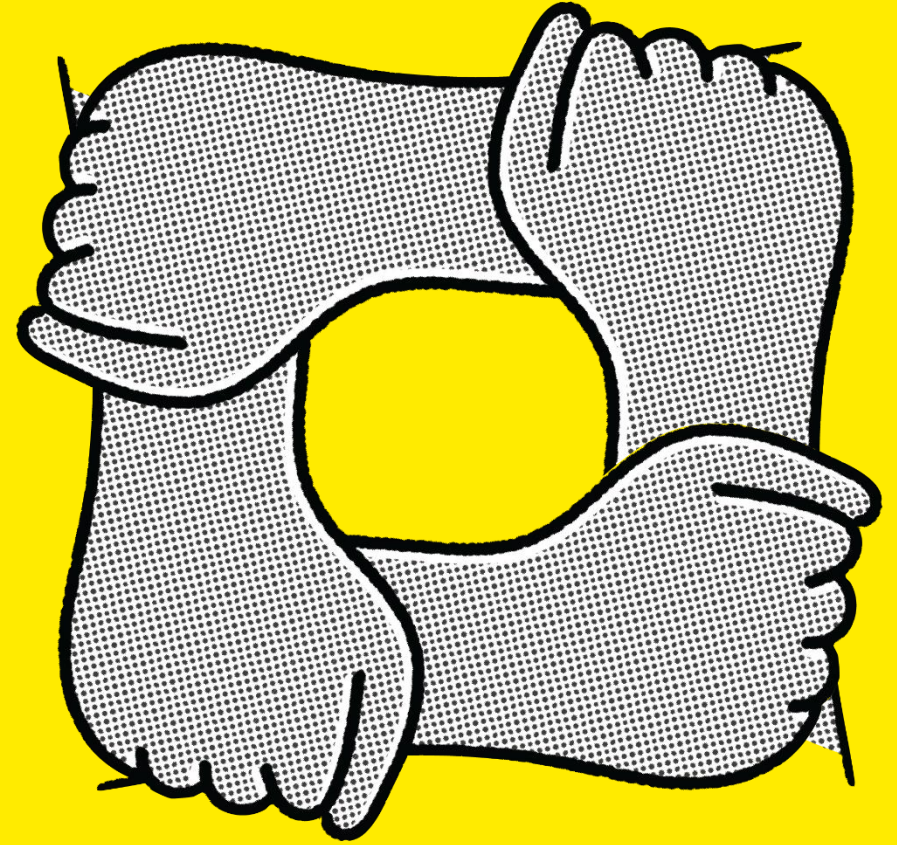
A series of 90-minute therapist-led discussion sessions, designed to support people to learn, connect and care for themselves in a safe space.

We have a variety of sessions covering areas such as:

- Understanding Grief Together
- Navigating Workplace Change
- Together Through Anxiety
- Navigating Neurodivergence Together

Need support with a bespoke session?
Just ask the team!

Pricing:
£1350+VAT for up to 25 attendees
£1995+VAT for up to 50 attendees



Understanding Grief Together.

Grief can affect every part of our lives - our thoughts, emotions, relationships and ability to cope with everyday challenges. Whether you're grieving a loved one, experiencing anticipatory grief, or supporting someone through loss, it can be difficult to understand the impact grief is having on you.

Join our expert therapists for this therapist-led Connect session, designed to provide a safe and supportive space to better understand grief and its many forms. Together, we'll explore how grief can affect us emotionally, physically and psychologically, while sharing practical tools to help navigate its impact on daily life.

Together, we will:

- Gain a deeper understanding of different types of grief, including anticipatory grief
- Explore how grief can affect life at home, at work and in our relationships
- Learn practical techniques, including mindfulness, to support wellbeing during difficult periods
- Connect with others in a compassionate and supportive environment where you're not alone

This is a supportive space to learn, reflect and connect with others who understand the realities of grief. There is no expectation to share more than feels comfortable, and everyone is welcome wherever they are in their grief journey.

Navigating Workplace Change.

Redundancy and organisational change can bring a wide range of emotions. Whether you're facing uncertainty, processing a recent change or supporting others through it, these experiences can impact confidence, wellbeing and your sense of stability.

Join one of our expert therapists for this therapist-led Connect session, designed to provide a safe and supportive space to explore the emotional impact of workplace change. Together, we'll reflect on the challenges that come with uncertainty, share experiences and develop practical strategies to help navigate this period with greater confidence and self-compassion.

Together, we will:

- Explore the emotional impact of redundancy and organisational change
- Learn practical techniques for managing uncertainty and unpredictability
- Reflect on ways to process change and move forward at your own pace*
- Gain trusted self-care tools to support your wellbeing during challenging times

This is a supportive, therapist-led discussion where you can share as much or as little as feels comfortable. You'll have the opportunity to connect with others facing similar experiences, gain fresh perspectives and be reminded that you don't have to navigate change alone.

Whether you're currently experiencing change or adjusting to what's already happened, this session offers space to pause, reflect and focus on what you need to move forward.

If you would like additional support, please contact the NABS Support Team on 0800 707 6607 (9am–5.30pm) or email support@nabs.org.uk for confidential advice and guidance tailored to your circumstances.

Together Through Anxiety.

Anxiety can show up in many different ways, affecting our thoughts, emotions, physical wellbeing and day-to-day lives. Whether you're living with anxiety yourself or supporting someone who is, understanding its impact can be an important first step towards managing it more effectively and building resilience.

Join our expert therapists in this therapist-led, safe and supportive space, where we'll explore and address the challenges of living with or supporting someone with anxiety.

Through guided discussions, exercises and shared experiences, we aim to foster understanding, resilience and empowerment in our journey towards anxiety relief.

Together we will:

- Discuss the nature of anxiety, exploring its physiological, psychological, and emotional dimensions.
- Identify and share personal triggers that contribute to anxiety.
- Explore a range of coping strategies and techniques for managing anxiety, including relaxation exercises and mindfulness practices.

In this welcoming space, you're encouraged to share as much or as little as you feel comfortable with.

If you would like additional support, please contact the NABS Support Team on 0800 707 6607 (9am–5.30pm) or email support@nabs.org.uk for confidential advice and guidance tailored to your circumstances.

Navigating Neurodivergence Together.

Neurodivergence can shape how we think, communicate, process information and experience the world around us. While it can bring unique strengths, it can also present challenges - particularly in busy, fast-paced working environments. Understanding how neurodivergence shows up for you is an important step towards building confidence, resilience and finding strategies that work.

Join one of our expert therapists for this therapist-led Connect session, designed to provide a safe and supportive space to better understand neurodivergence and its impact on everyday life and work. Through guided discussion, practical reflection and shared experiences, you'll gain insight into your own experiences while exploring approaches that can help you navigate challenges more effectively.

Together, we will:

- Explore the psychological, emotional and physiological aspects of neurodivergence
- Reflect on how neurodivergence can impact different areas of life, including work
- Share practical strategies and coping techniques that support wellbeing and success
- Learn from experienced therapists in a supportive, confidential environment
- Connect with others who understand the realities of navigating a neurodivergent world

This is a therapist-led discussion offering space to learn, reflect and share experiences at your own pace. Whether you're newly diagnosed, exploring neurodivergence or simply looking for practical strategies and connection, you'll leave with greater understanding, fresh perspectives and tools to support yourself moving forward.

timeTo.

Sexual Harassment Prevention campaign and training programme.

In response to disclosures of sexual harassment at work, timeTo was launched in 2018 with the belief that everyone – regardless of age, gender, sexuality, background, or job – should be free to work within a safe environment without fear of abuse. TimeTo's mission was to start in our own backyard - eradicating sexual harassment in the advertising and marketing communications industry.

Since April 2026, employers have had a legal duty to take all steps to prevent sexual harassment at work under the Workers Protection Act 2023. Failure to do so can lead to increased tribunal awards and reputational risk.

timeTo offers two training products, 'sexual harassment prevention training' and 'How to challenge harassment training', which will bring your organisation up to scratch with current legislation and ensure everyone feels safe and heard. timeTo training isn't a tick box exercise, it's essential for creating lasting culture change.

We've trained over 10,000 people to-date, but there is still more to be done. By partnering with timeTo and NABS, together we can build safe, supportive workplaces and an industry culture where everyone can thrive.

#timeTo

In Partnership with



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• FOUNDED IN 1923 •

Sexual Harassment Prevention Training.

Since April 2026, employers have had a legal duty to take all steps to prevent sexual harassment at work under the Worker Protection Act 2023. Failure to do so can lead to increased tribunal awards and reputational risk.

Designed specifically for the advertising, marketing and media industry, timeTo Sexual Harassment Prevention Training equips employees with the knowledge, confidence and practical tools to recognise, prevent and respond to sexual harassment in today's workplace. The training is informed by timeTo's industry research and reflects the realities of hybrid working.

Course content

- Understanding sexual harassment, including behaviours that cross the line and common workplace risk factors.
- The latest legal requirements, including employers' preventative duty under the Worker Protection Act 2023. [legislation.gov.uk], [gov.uk]
- Employer and employee responsibilities for creating a respectful workplace.
- How to recognise, challenge and respond to inappropriate behaviour.
- Practical actions to help prevent harassment and strengthen workplace culture.

Your team will leave with:

- A clear understanding of sexual harassment and its impact.
- Greater awareness of legal responsibilities and reporting options.
- Practical tools to help create safer, more respectful workplaces.
- Knowledge that supports both compliance and positive culture change.

To discuss the best training options for your organisation, or to make a booking, please email timetotraining@nabs.org.uk.

Pricing

- ❑ 2-hr Workshop: £1395+VAT up to 20 attendees
- ❑ 90-min Seminar: £2595+VAT up to 50 attendees
- ❑ 90-min Seminar: £3595+VAT up to 100 attendees

Delivered online or face-to-face.

Need a shorter 1-hr live webinar for 500-1000 attendees? Speak to our team!

Discounts available:

5% discount on block bookings over £5k.

10% discount on block bookings over £10k.

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How to Challenge Harassment Training.

Many employees know inappropriate behaviour when they see it, but far fewer feel confident stepping in.

Unlike traditional awareness training, **How to Challenge Harassment Training** focuses on building the practical skills needed to safely challenge inappropriate behaviour, support colleagues and create positive culture change in real-world situations. Through discussion, practical scenarios and the proven timeTo Intervention Model, this interactive workshop moves beyond awareness and into action.

Your team will learn how to:

- Recognise inappropriate behaviour and understand its impact.
- Understand the barriers that can prevent people from speaking up.
- Intervene safely and confidently using the timeTo Intervention Model.
- Support colleagues appropriately when concerns are raised.
- Contribute to a culture of respect, inclusion and accountability.

Why invest in Active Bystander Training?

- Equip employees with practical intervention tools they can use immediately.
- Build confidence to address inappropriate behaviour safely and constructively.
- Strengthen allyship, inclusion and psychological safety across teams.
- Demonstrate a proactive commitment to creating respectful and supportive working environments.
- Skills gained from the training can be applied to all forms of bullying and harassment.

To discuss the best training options for your organisation, or to make a booking, please email timetotrain@nabs.org.uk.

Pricing

- ❑ 2-hr Workshop: £1395+VAT up to 20 attendees
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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.

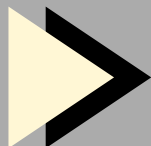
Mentorship: industry mentors are with you every step of the way.

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

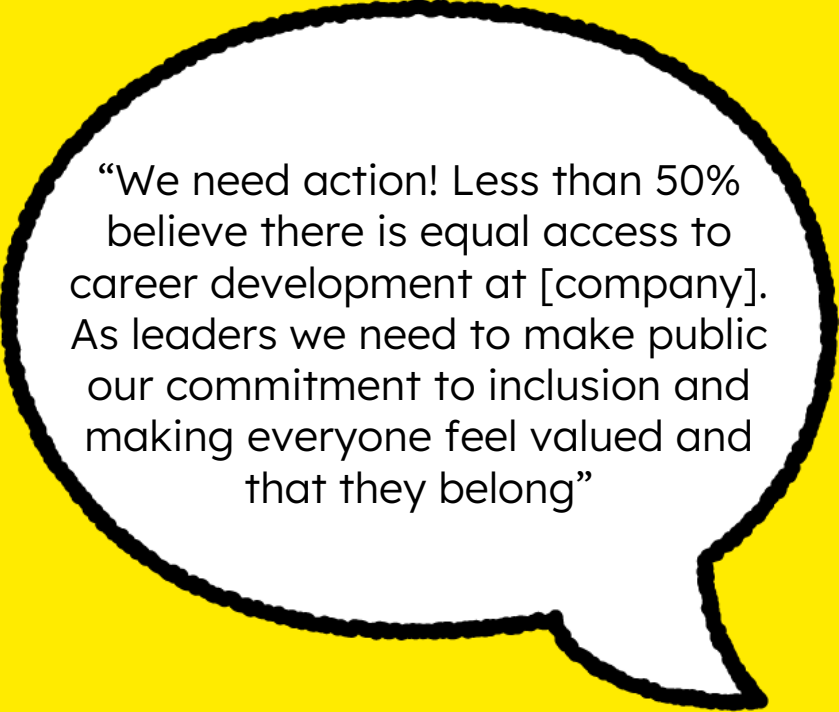
Connection: grow your industry networks & friendships

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 £1500+VAT



What are people saying?

A white speech bubble with a thick black outline, containing text about the need for action on 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”

Lead with Inclusion workshop

A white speech bubble with a thick black outline, containing a testimonial about a confidence workshop.

“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