



Lisa Jones - Founder

I work in both the corporate and education sector teaching senior leaders how to reduce stress, anxiety, overwhelm and prevent burnout. I also support individuals in my private practice.

Get In touch



CALL US:
07492 903659



EMAIL:
hello@headstrongtraining.co.uk



FOR MORE INFORMATION:
www.headstrongtraining.co.uk



Supporting Your Wellbeing

HeadStrong Training® was founded by Lisa Jones, a multi award-winning, science driven, fact-based therapist, coach and passionate trainer who believes everyone should be taught essential life skills to confidently manage the stresses in life.

As a team, we absolutely believe in teaching prevention and early intervention. We support businesses and schools who are genuinely interested in investing in the health and wellbeing of their team and understand that this involves many aspects including psychological, physical, emotional and financial wellbeing.

HeadStrong Training® offers evidence based, CPD certified training informed by neuroscience as well as assessment, consultancy and Mental Health First Aid (Adult and Youth). Our services specialise in mental wellbeing, stress management and resilience.

We understand that every organisation is different and we can tailor our services to meet your needs.



What We Do

Workplace Wellbeing Training and Support for You and Your Team

55% of all working days were lost due to ill health caused by stress, depression or anxiety in 2019/20 (HSE).

At HeadStrong Training®, we understand the importance of creating a culture of wellbeing and mentally healthy work environments.

‘In the past year, 74% of people have felt so stressed, they have been overwhelmed or unable to cope according to YouGov.

We support and train heart led businesses to create happier, healthier teams promoting positive mental health, resilience and wellbeing.



ONLINE BITESIZE MENTAL HEALTH AWARENESS COURSE

Based on the key foundations of brain health and wellbeing, this course is designed to give you the tools you need to confidently manage the stresses of every day life.

This Bitesize Mental Health Awareness Course has been designed to be accessible to anyone anywhere and to make online learning more manageable. It is suitable for larger teams and individuals who want to know how to manage stress effectively, build resilience and promote positive mental health.



WORKPLACE WELLBEING TRAINING

Our in-depth CPD certified training programmes explore workplace stress, mental health and wellbeing, teaching you how to notice signs and symptoms of stress and giving you practical guidance on how to implement change and coping strategies for you and your team.



HEADSTRONG RESILIENCE & WELLBEING SURVEY

Our innovative profiling tool gathers the data you need to understand your team and organisation's current mental health and wellbeing, track change, measure impact and pave the way to developing resilient teams.



BESPOKE SERVICES

We understand that every working environment is different and we can tailor our services to meet your needs. From a lunchtime workshop to Mental Health First Aid Training and Supervision, we have something for you.

What Other People Say

The last two years have been tough for everyone. Lisa has been supporting my company and team of 70, advising and training us all in mental health and wellbeing. Her work has been greatly valued by everyone, and we will certainly be continuing with her valuable support. Thank you Lisa!”

- Roger Proctor, MD, Proctor + Stevenson

“We used the services of Headstrong Training® during the middle of the pandemic. Lisa provided an incredible workshop for my team that helped to stabilise us during a very rocky period. One or two of the team used some of Lisa’s techniques and achieved almost instant results! We will be using Headstrong Training® again in the near future.”

- Barrie Kelly, CEO, Visit Greenwich

“I attended Lisa’s Webinar Masterclass, and was blown away by the tips and revelations shared! In a short span of 45mins, Lisa managed to break down a really technical craft. The result was, simple, easy to remember and implement steps that were practical and problem solving. Lisa made everything so easy to understand and follow, and had such a personalized session that it felt really comfortable: it was like talking to an old friend! Brilliant!”

- Clarence Cheong, Senior Financial Services Director

“I attended a webinar run by Lisa from HeadStong Training. The topic was on working from home - managing stress and anxiety. It was one of the most informative hours I have spent on how to manage stress and anxiety.

The webinar was well organised, professional, informative and interactive. Lisa is absolutely lovely and comes across as being very knowledgeable.

I would highly recommend you seek them out for support on all things mental health and wellbeing. They can help individuals and/or work places to recognise the symptoms of stress before they become a problem by sharing evidence based strategies that will help you to cope with stress.”

- Jules Hellens, Business Owner

