



# Website Copywriting

Website copywriting to advertise three wellbeing webinars for Unstoppable Life Coaching.

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Audience / Businesses based in the U.K.

Niche / Mental Health & Wellbeing

Voice / U.K. English

Give the gift of self-care this year by empowering your staff to look after their mental health.

## **Helping Your Team Cope with Feelings of Loss, Anxiety, and Low Mood**

Our wellbeing webinars are designed to help your team overcome the most common mental health challenges that they may have faced this year. We know that 2020 has been tough on everyone - let us help you help your staff close out the year in a mentally positive and healthy way.

### **Understanding Loss / [Short Description]**

Everyone experiences loss at some point in their life – and understanding how to grieve in a healthy way is paramount to staying mentally well. With this webinar, we hope to help your staff understand the grieving process, recognise its physical and emotional symptoms, and find the right words to say to others who may be grieving.

### **Understanding Loss / [Long Description]**

Whether it's the loss of a spouse, job, friend, or pet, we all experience feelings of grief and loss at some point in our lives.

The good news? There is light at the end of the tunnel. However, this requires understanding and trusting in the grieving process.

This webinar can help your staff:

- Identify big life events which may trigger feelings of grief.
- Understand how grief and loss may manifest physically and emotionally in the body.
- Know what to say (and what not to say) to others who may be grieving.

In addition to teams coping with the general impact of Covid-19, we also highly recommend this webinar for teams:

- Undergoing difficult transitions such as downsizing or furloughs.
- Recovering from the loss of a fellow employee.
- Recovering from the personal loss of a family member.

We cannot prevent loss from happening completely, but together we can empower your staff to cope with grief in a mentally healthy way.

### **Overcoming Anxiety / [Short Description]**

In the most difficult and stressful times of life, it only makes sense that we should look after our mental health more than usual. With this webinar, we hope to help your staff understand the fundamentals of mental health and emotional wellbeing, feel in control of their feelings of stress and anxiety, and gain practical tips and tools for managing anxiety on a regular basis.

### **Overcoming Anxiety / [Long Description]**

In the most difficult and stressful times of life, it only makes sense that we should look after our mental health more than usual – and 2020 has been a perfect example of this.

However, too many individuals in the workplace are still ill-equipped to handle these new mental health challenges brought on by Covid-19; with many continuing to experience:

- Excessive worry
- Elevated feelings of stress and anxiety
- Apprehension and concern about the future

With our 'Overcoming Anxiety' webinar, we want to help you help your staff:

- Understand the fundamentals of mental health and emotional wellbeing.
- Understand the physical and emotional symptoms of anxiety.
- Feel in control of their elevated feelings of stress and anxiety.
- Know practical and sustainable ways to manage anxiety.

By heading into 2021 with a strong foundation for good mental health, your staff will be well prepared to handle any challenge that comes their way.

### **Overcoming Low Mood / [Short Description]**

We all have around 60,000 thoughts in a single day, and ensuring that our thoughts are positive and productive is key to good mental health. With this webinar, we hope to help your staff understand the physical and emotional symptoms of low mood, recognise negative thinking patterns, and feel equipped to combat negative thoughts through practical exercises.

### **Overcoming Low Mood / [Long Description]**

Each and every one of us has around 60,000 thoughts in a single day. However, internal and external forces can sometimes cause these thoughts to become increasingly negative - which puts us at risk of developing more serious mental health conditions such as chronic depression or suicidal thoughts.

In this webinar, we invite your staff to take a moment to give their thoughts a "spring clean" and overcome feelings of low mood by:

- Understanding the physical and emotional symptoms of low mood.
- Recognizing the various toxic types of negative thinking.
- Combating negative thoughts through practical exercises.



As we look ahead into next year, the ability to bounce back will be more important than ever before. Let us help you and your team start the year with a positive and mentally healthy mindset.

### **Further details about our Wellbeing Webinars at Unstoppable Life Coaching:**

- All webinars include one video + supplementary worksheets and resources.
- A one-time purchase includes access for all staff within your organization.
- Content presented in each webinar is grounded in research and the latest in mental health best practices.

Please feel free to get in touch with us at [hello@unstoppablelifecoaching.org](mailto:hello@unstoppablelifecoaching.org) if you have any further questions.



**HMC**

**For new project inquiries, please feel free  
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