

## Whole Spectrum Wellbeing

Employers have a responsibility to attend to the wellbeing of their employees and supporting good mental health is prominent topic. Yet this is a complex area, given wellbeing is such a personal and individual state, dependent on a range of factors both inside and outside of work. Research from Gallup has established 5 essential elements of wellbeing and that **wellbeing at work is critical for wellbeing in the other areas.**

From Chief Executives through to managers, supervisors and frontline staff, our practical wellbeing courses are full of exercises, tools and techniques to help create great work life balance and to improve any areas of life that feel out of kilter. We offer sessions on the following:

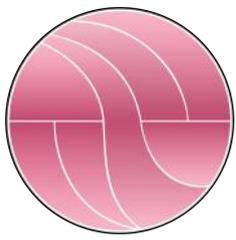
- Creating better work life balance
- Increased personal confidence and assertiveness
- Improving emotional and mental resilience
- Reduced anxiety and improved ability to manage stress
- Practical tools and techniques to feel more relaxed
- Weight management support
- Overcoming fears and phobias
- Pain management techniques

Our courses are relaxed, informal and highly participative, with a focus on learning from experience to support development on a personal basis. We make the subject real for you, to take back to work, and life. **What matters is that what you learn makes a difference.**

We use a range of techniques, including guided meditation, cognitive behavioural tools, Neuro Linguistic Programming, Transactional Analysis, generative listening and values-based approaches to create an environment in which people feel supported, refreshed and rebalanced.

We offer our **Wellbeing at Work courses in a range of formats:**

- 1.5 hour introductory tasters
- half day courses on specific subjects
- full day workshops across the spectrum of wellbeing elements
- programmes with a series of events
- staff conference keynote speeches and break-out sessions



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### Testimonials from course participants

- *Great courses from a kind and helpful person. Thank you.*
- *Very enjoyable and informative.*
- *I gained an ability to feel in control of bringing my blood pressure down when feeling stressed.*
- *Learnt methods of relaxation and how to reduce the level of physical pain I suffer, especially at work.*



- *It was a most enjoyable session and was great to forget work, even though it was only temporary. The time after was spent in quite a relaxed state on both sessions.*
- *It was reassuring to see a cross section of employees at the wellbeing sessions. It is also obvious that my employer takes seriously workplace, personal and home stress and is proactive in supporting employees with these issues.*

**If you are interested to explore how we could improve wellbeing in your workplace, please get in touch and we'd be happy to talk through your requirements.**