

# Wellbeing

Traditionally managing negative wellbeing symptoms at work has involved ramping up rewards or benefits packages; organising wellbeing-themed weeks, with a range of activities; and signposting people towards an Employee Assistance Programme. These approaches all help raise awareness of current issues, but do they go far enough? We take a strategic approach that moves away from trying to mitigate the effects of poor wellbeing and works to embed wellbeing into the foundations of organisational culture.

Our solutions create platforms for people to get a better understanding of psychological wellbeing, using the most recent Positive Psychology research on ways to flourish and thrive in work and beyond. We equip people with the right skills and tools, empowering individuals and teams to improve and maintain their wellbeing on a daily basis. We give immediate access to learning and tools that are simple, globally scalable, and blend easily into existing initiatives.



Positive Wellbeing		Cultivating Positive Emotions		Increasing Engagement		Developing Quality Relationships	
		Creating Meaning		Encouraging Accomplishment		Building Resilience	
✓	Self-facilitation	✓	Learning tools	✓	Facilitated conversation workshops	✓	1 hour facilitated online workshops
✓	1 hour facilitated lunch 'n' learn workshops	✓	½ day workshops	✓	Full day workshops	✓	½ day facilitated train-the-trainer workshops
✓	Online train-the-trainer workshops	✓	½ day Executive team modules	✓	Full day Executive team modules	✓	Conference workshops
✓	Conference speaking slots	✓	HR Deep Dives	✓	Consultancy	✓	Full programmes