



# OFFLOAD

## WE ALL NEED SUPPORT TO MAKE GROUND IN OUR LIFE

Offload gives your employees the opportunity to join forces with past and current Rugby League professionals to find out how they cope with the everyday demands of life.

Discover how they handle criticism, bounce back from injury, manage life in the public eye and what happens when its time to hang up the boots.

Most importantly, Offload teaches employees the same skills that elite performers use to help them build their own mental fitness and a winning mindset.





## WHAT IS OFFLOAD?

Offload is an innovative mental fitness programme; designed to support your workforce to embed the self-care tools and techniques they require to remain 'mentally fit and well' at work.

The programme uses the power of sport and the true stories of former and current professional Rugby League professionals, to cover topics including:

- Maintaining mental fitness
- Coping & managing
- Stress management
- Building resilience
- Mindfulness
- Life balance
- Anger management
- Emotional intelligence



## HOW DOES IT WORK?

Offload will bring a 'Set of 6 Fixtures' onsite into your workplace.

Each fixture is presented by a different former athlete and lasts between 40 and 80 minutes.

Within each fixture employees will listen to the former players personal story and then be given practical, evidence based tools that they can take home and practice to support them to remain mentally well in work.

This should help to enable them to understand how to cope with any mental health challenges they could potentially face now or in the future.



## DOES IT WORK?

The evidence says it does.

Offload has been independently evaluated by Edge Hill University. Therefore, we can confidently say that following the Offload programme, participants should feel mentally fitter, stronger and more able to face and cope with the challenges they may face within their work or home environment.

### Following Offload:

- **95%** of employees are more aware of how to look after their mental fitness
- **89%** are more able to cope with everyday life
- **86%** are more able to manage setbacks and handle challenges
- **86%** feel more motivated within their home and work lives
- **80%** feel more supported



## HOW MUCH DOES IT COST?

We tailor each programme to the individual needs of your specific workforce. You will receive a personalised report on how employees within your business responded to the programme, and their outcomes from the 6 Fixtures.

The full 6 fixture programme costs **£3,500 (+VAT)** plus the travel expenses of our current and former professional rugby league players. These travel expenses are arranged to be as cheap as possible and would be agreed before the programme began.