



# Stress, Health & Wellbeing



## The What:

This 1/2 day, in person, interactive workshop dives into Workplace Stress, what things in the work environment can lead to Stress and what tangible things you can do about it. Plus what is Health and Wellbeing, a current buzz phrase in business but what does it mean and what can we do to promote it. This workshop explains this concept with '5 balls', an easy to comprehend framework that allows people to recognise and achieve balance in their lives and feel like they are in control of their Health and Wellbeing.

## The Who:

- Everyone! - Stress can and does affect anyone so this workshop is for you.
- Plus everyone can do more to improve their Health and Wellbeing.
- Business owners, Leaders, team players alike.

## The Why:

Anyone looking for a greater awareness of how stress can affect them or their team members and what tangible things they can do to improve this, which is not only good for people but good for business. When people feel good they perform better and do better.

The levels of absences from work from stress related illness is on the rise and is costing businesses millions per year. Lets do something about this and raise the awareness of how to better manage stress and manage our Health and Wellbeing to ensure people are at their best.

## The Numbers:

- 1/2 day - 4hr workshops
- number of attendees of 5 - 20
- each workshop is £1250 + VAT
- includes 6 weeks of digital handouts with self reflection prompts to keeps the key messages alive long after the workshop finishes.