

Holistic Wellbeing- Talk

Traditional wellbeing has run its course. We are too wonderfully complex as a human race for one size to fit all. Equity over equality is vital to building a resilient workforce.

Workplace wellbeing has evolved so quickly. From physical, to mental, to financial. We now must consider social and climate wellbeing as well. This practical session digs into the research and leave participants knowing the importance of 'prevention over cure'.

Key messages:

- 1- Managers / leaders have more influence on mental health than doctors and therapists
- 2- Wellbeing means so many things to so many people- we must think holistically
- 3- Practical actions to take away to make a difference in your life and those you care about

Some practical information:

- 1- Between 45 and 90 mins and can be delivered in person or virtually
- 2- Aimed at business leaders, people managers and HR professionals
- 3- Research into the importance of wellbeing shared with all attendees on request



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Follow Up Activities

Organisations choose to follow up with Chris to dig deeper into the topics he talks about. This is about carrying on the conversation and creating opportunities for personal and professional development for your teams.

This could include workshops, leadership away days & coaching for individuals or teams.

About Chris Britton

Chris Britton is a forward-thinking thought leader, author, and podcast host. He has led the people agenda for some of the biggest brands in the world.

Since 2008, Chris has used an empathy-first approach to drive positive change and high performance in organisations like Virgin, Vodafone, River Island, and Reward Gateway. His passion for seeing people for who they are – not just what they can do – has inspired audiences worldwide. He combines groundbreaking research, personal storytelling, humour, and practical next steps to create an engaging experience helps to unlock the potential of your people and business.

