

Stress Management

Providing support and practical guidance to associates with respect to managing stress, building resilience and reduce attrition of top legal talent.

Each of the items below can be purchased individually or as a package¹.

Item	Description	Price (£)
Group Workshops: 90-Minutes		
• Workshop #1	Stress Management and Wellbeing	500
• Workshop #2	Building Resilience	500
• Workshop #3	The Science of Happiness	500
Ongoing Bespoke Support	Participating associates will have direct access to me to arrange 20-minute laser-sessions ² as needed on short notice. The sessions will focus on any immediate concerns, queries or work challenges that associates are facing and would like to discuss on a confidential basis.	500 (per/month) ³
Individual Coaching	One-off individual 80-minute coaching sessions to be offered to associates participating in group workshops above. Sessions to focus on identifying personal triggers for stress and actionable strategies to improve wellbeing and increase performance.	350 (per/session)

¹ Note: 10% discount on cost if purchasing group workshops and ongoing bespoke support as a package.

² Note: Sessions typically held via telephone, Skype or Facetime.

³ Note: Based on 10 participating associates. Rolling review after 3-months with pricing adjusted accordingly.