Life coaching, a simple solution to a growing problem

Helping people overcome smaller problems before they become a crisis not only helps protect and improve mental health, but improves productivity and performance. Life is less complicated when you start to feel great every day

Simple:

- Telephone and video call life coaching sessions
- Free initial assessment
- Personal development plan
- Flexible delivery

Put simply

Employees are less likely to talk to managers and employers about stressful situations, employee life coaching helps:

- Talking puts some perspective on otherwise stressful situations
- Employees overcome life obstacles
- Encourage self-awareness
- Stop personal dramas become the office crisis

Life coaching isn't just for leaders

Stress is just a part of everyday life, but some people suffer more than others. Stress is relative, but anxiety is real:

- Service made accessible to all employees
- Service delivery tailored to the business and individual needs.
- Improves personal outlook and performance
- Fast ROI for both employee and employer

A life coach helps you find the positives and build on them

Employee Life Coaching Programme

✆ 07855 494437 www.fitfortomorrow.co.uk

Stop the drama becoming a crisis

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Some facts:

- Mental health costs the UK economy up to £99 billion
- Presenteeism costs UK businesses £15.5 billion
- Unexplained absence costs £1.5 billion

Stress is a leading factor

Stress is the response to a situation. Anxiety is the reaction to the stress:

- Not all stress is work related
- Home stress is more likely to affect work performance
- Anxiety is real, relieving the symptoms allows you to address the cause
- Stress leads to increased cortisol, reduced serotonin and dopamine, these link to depression

Just thinking about mental health

Statistically 1 in 6 employees in the UK are suffering the effects, and many in silence, yet talking is the best therapy:

- 17% of the workforce suffer with ill mental health
- 23% of employees would rather not discuss mental health concerns or issues
- 14% of managers have taken time off due to stress
- Mental ill health is considered in the top 3 acceptable reasons for absence from work

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Private, Corporate, Employee Life coaching Plans