

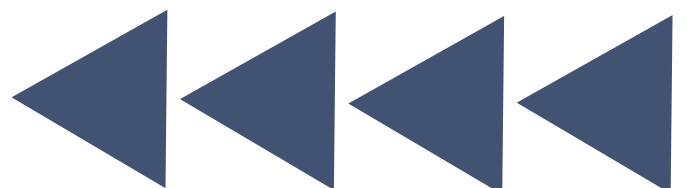


What we do

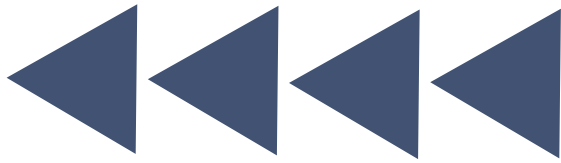
AS PART OF OUR STRATEGIC APPROACH WE SHARE LEARNING TO SUPPORT WELLBEING HABITS. OUR COURSES ARE WELL RESEARCHED AND OFFER EVIDENCE BASED INSIGHT.

INTERACTIVE AND ENGAGING SESSIONS RANGE FROM BITE SIZE TO HALF DAY AND FULL DAY TRAINING. BITE SIZE SESSIONS ARE **90 MINUTES** IN LENGTH OTHERWISE KNOW AS OUR **LEARN & GROW** SERIES.

LEARN & GROW



LEARN
&
GROW



STEPPING OUT OF
STRESS

Reduce the impact of stress on my body.
Understand the physiological and emotional effect.
Recognise my triggers.
Learn actionable tactics to take away.

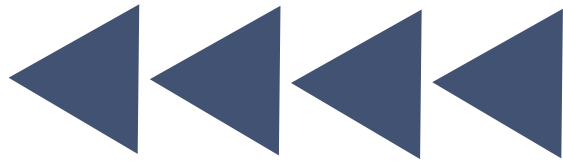
ACHIEVING
BALANCE

Smart ways to prioritise.
Work on what is important.
Manage distractions
Identify and limit procrastination.

MEANINGLESS
MEETINGS

Meetings best practice.
Effective facilitation
Tools, techniques and tips to have successful meetings.

LEARN
&
GROW



**EQ @ WORK -
DEALING WITH
FEELING**

How emotional intelligence benefits the work environment.

How to communicate to others how you feel.

EQ competencies and empathic listening skills.

**BUILDING
ESTEEM FOR YOU
& YOUR TEAM**

Difference between Self Esteem and Self Confidence.

Ways to build and maintain healthy self-esteem.

Importance of not taking things personally.

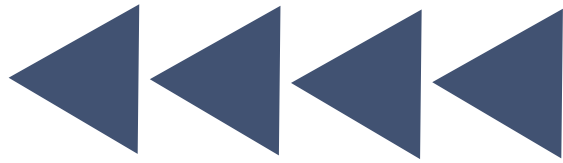
**EATING FOR
ENERGY**

Fuelling for sustainable energy.

Maximising focus through healthy eating

Nutritious breakfast, lunch and snack ideas.

LEARN
&
GROW



EXERCISE FOR
ENERGY

What is energy, anyway?
The relationship between
exercise & energy.
Performance hacks & finding
time for fitness.

LET'S TALK
ABOUT ALCOHOL

Facts relating to alcohol.
Issues for employers.
How taking a break helps.
Positive shift in your
approach to alcohol.

FINDING
PURPOSE IN MY
WORK

Finding my why and
connecting with my values
at work.
Creating a long-term vision
& success roadmap
Setting personal & work
goals that matter.

TESTIMONIALS

"Good content, good pace, deep dive in resilience" IHG

"Very beneficial in learning about yourself and how you can manage stress" Regency

"I realised that some of the issues were within my control to change."

"Good content and good pace"

"Keen to do more sessions" Mars Wrigley Confectionery

"Recommend to everyone - so important to manage stress and this workshop does that."

"Well worth the time"

"It'll give you the tools to help yourself." M&S

Find out more

For more information
please get in touch:

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www.workwisewellness.co.uk

