

WHAT'S MORE IMPORTANT THAN WELLBEING?



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WHY INVEST IN WELLBEING?

For a business, the most important assets are the people within the organisation. We are now aware of the importance of mental, as well as physical, health and businesses are increasingly investing in wellbeing programmes that go beyond the provision of gym facilities or health insurance plans. The benefits of wellbeing programmes can include:

- Reduction in lost working days due to stress;
- Improved cognitive performance that affects focus, productivity, creativity and innovation;
- Improved emotional intelligence that has a positive impact on workplace relationships;

PRACTICAL TOOLS TO IMPROVE WELLBEING

A one-hour session delivered by webinar to provide practical tools and techniques to help colleagues:

- reduce stress and anxiety caused by the high levels of uncertainty at the current time;
- bring calm and focus to their thoughts, allowing them to concentrate better on the task in hand;
- maintain a healthy work/life balance, particularly when working from home when boundaries can become blurred;
- be more open to change and to think more creatively when presented with problems to solve.

TAILORED CONTENT FOR YOUR AUDIENCE

I can tailor sessions to cover tools and techniques that:

- Build resilience and reduce stress and anxiety
- Improve emotional intelligence and self-awareness to improve team dynamics
- Boost creativity and innovation
- Encourage individuals to accept and embrace change
- Help people deal with difficult situations calmly and make better decisions
- Improve strategic thinking

GET IN TOUCH

Take a look at my website at www.leadyourlife.co.uk or email me at kish@leadyourlife.co.uk to discuss how I could be part of your organisational wellbeing strategy.

PERSONAL BACKGROUND

I was one of the first home workers at BT (before the internet and mobile phones) and I pioneered a new way of working in the 1990s so I know first-hand about the challenges of combining work and home life effectively. Since then, I have changed career to become a coach and mindfulness expert and I use these skills to help people be confident, calm and focused in their daily lives, whether at work or at home. I teach down-to-earth, practical tools that people can easily incorporate into their daily routine, providing a positive impact on all aspects of their life.

FEEDBACK

A one-hour wellbeing webinar for a health insurance client received a rating of 5/5 from all participants with the following feedback:

"Really helpful session, think I need to remind myself that allowing myself some time to relax, is "self-care", not "selfishness"

"Wonderful session"

"Thank you - great session"

Take a look at: <https://youtu.be/Femq7ysAL4g> for an example of a session I ran for PPMA.

COST

Your investment for 1-hour session: £300 inc VAT.

- Unlimited number of attendees
- Includes preparation and delivery.

Practice makes perfect, so the biggest impact will be seen when people make time to embed wellbeing techniques into their daily lives. I also offer a 6-week wellbeing/mindfulness course to allow interested individuals to realise the full benefits of mindfulness.