

# WELLBEING COACHING

## ENCOURAGE YOUR EMPLOYEES TO MAKE POSITIVE LIFESTYLE CHANGES THROUGH WELLBEING COACHING

### OVERVIEW

Interactive group or 1:1 Wellbeing Coaching workshops encourage employees to make positive lifestyle changes that will benefit both their personal and working lives. Our interactive Wellbeing Coaching workshops are led by experienced wellbeing coaches and are designed to strengthen and support behaviour change on a wide range of topics and issues. Coaching content is customised to your organisation, and can signpost your employees to relevant support services as well as internal services and HR policies that you already provide.

### KEY FEATURES

- ▶ Group coaching workshops and 1:1 sessions are delivered via Zoom
- ▶ Each coaching workshop is highly interactive and includes supporting handouts and exercises
- ▶ Delivered by a specialist wellbeing coach
- ▶ Workshops are practical and create thought provoking discussions
- ▶ Choose from a wide variety of topics and promote the coaching workshop(s) to your employees
- ▶ The optimum number of attendees for workshops is 12-25 employees, but can be tailored to accommodate your requirements



## WELLBEING COACHING WORKSHOPS

We offer a wide range of topics for you to choose from, including:

### LIVE WELL

- ▶ Nutrition and healthy eating
- ▶ Exercise
- ▶ Sleep
- ▶ Weight
- ▶ Pacing life
- ▶ Know your numbers
- ▶ Energy
- ▶ Hydration
- ▶ Healthy lifestyle
- ▶ Take care in the sun
- ▶ Winter health
- ▶ Alcohol
- ▶ Smoking
- ▶ Cancer
- ▶ Healthy heart
- ▶ Diabetes
- ▶ Physical Resilience

### THINK WELL

- ▶ Resilience
- ▶ Coping with pressure
- ▶ Performing under pressure
- ▶ Mental health awareness
- ▶ Coping with change
- ▶ Work life balance
- ▶ Mindfulness
- ▶ Applied relaxation
- ▶ Emotional wellbeing
- ▶ Positive thinking
- ▶ Make stress your friend

### WORK WELL

- ▶ Stress management
- ▶ Staying healthy on shift
- ▶ Back care and posture
- ▶ Managing fatigue
- ▶ Managing change
- ▶ Healthy aging
- ▶ Move more, sit less
- ▶ Staying healthy working outdoors
- ▶ Working in a challenging environment
- ▶ Maintaining domestic balance
- ▶ Dealing with uncertainty
- ▶ Working from home
- ▶ Driving for work

### MORE CHOICE

Educational support in a range of health and safety topics related to musculoskeletal and other issues is also available. Delivered through webinars and workshops, these are provided based on education and prevention to compliment your existing health and safety policies, procedures and evaluations.

### GROUP COACHING WEBINARS

Run by a specialist Wellbeing Coach via Zoom, we provide a set of framework questions on your selected topic. A representative from your business acts as a host, interviewing the coach with these questions. Your people are encouraged to join in, meaning this is a highly interactive, flexible and engaging online coaching option. Group coaching webinars last for 60 minutes.

### 1:1 COACHING SESSIONS

Run by a specialist Wellbeing Coach providing personal 1:1 lifestyle coaching sessions via Zoom. These sessions are delivered in full or half-day formats. You select the topic for the day, and we work together to create the format based on the length and number of sessions that you want to deliver within your chosen time frame.

Talk to a member of our team today