'Nurturing Individuals and Building Strong Teams'

T-A-B Think Act Be
Training Solutions

Stand Alone sessions or as part of 'Champions" Wellness Action Plan

Wellness Workshops



1.5 - 3 hrs

Contribution to CPD hours

Virtual or face-to-face

Bespoke to organisation

COURSE BENEFITS

- Enhanced Self-Awareness through a deeper understanding of physical and mental health.
- Practical Tools & Strategies to improve overall wellness.
- Reduce stress levels and promote emotional resilience
- Team cohesiveness and support -sharing wellness goals and challenges

Why?

A commitment to Wellness Workshops demonstrates a company's dedication to its employees, resulting in improved morale, enhanced team dynamics, and, ultimately, a thriving, competitive advantage in today's business landscape.

These workshops not only equip employees with practical tools to enhance their well-being but also elevate the company's overall culture and reputation.

By fostering a community that prioritises physical and mental health, organisations can significantly reduce absenteeism and staff turnover.

What's Covered?

The selection of available workshops is extensive and tailored to the team's specific needs and preferences.

- ✓ Self awareness sessions looking at many different areas such as core values, clarity and prioritisation of life matters, the 'masks' we wear, and many more.
- ✓ Outdoor sessions - connecting and benefiting with being out in the fresh air
- ✓ Team Building and Connectivity focused sessions.
- ✓ Creative sessions involving art for wellbeing, seasonal activities, vision boards etc
- ✓ Mindfulness sessions based on techniques, breath works and guided meditations.






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Bespoke to YOU

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'Wellness in the Workplace' - available in L1, L2 & L3