

What is it?

An innovative and practical approach to managing well-being in the workplace:

- Strategic guidance
- Culture diagnostics: for individual, teams and/or whole organisations
- Manager training
- One to one sessions

All are available as stand-alone modules or as a tailored programme.

Who is it for?

Leaders of Organisations who desire to manage well-being in a pragmatic and empowering way that promotes individual and collective success.

HR Professionals and Managers who want to be able to identify and manage well-being issues in their people, take care of self, and to actively promote a positive working environment, even in tough times

Individuals seeking to prevent, manage and/or recover from stress, anxiety and/or depression.

Content Covered

Our programmes cover the following:

- Why worry about well-being at work?
- What to be aware of
- Building emotional resilience
- Focusing on outcomes
- Conscious use of language
- Looking after ourselves

Learning outcomes

- Identifying the early signs of stress and depression in self and others and the early actions you can take.
- Fostering and maintaining a positive environment in difficult times
- Looking after yourself
- How to avoid absorbing other peoples' stress

How it is delivered

With your organisation

- Strategic advice for leaders with / without cultural diagnostics
- One or Two day Manager Training for up to 20 participants (ratio of 1 NOV8 facilitator to 10)
- Bite-size Manager Training (2.5 hour sessions)
- One to one support

With individuals

- One to one support by private arrangement

