

THRIVE TEAMS: Month-long wellbeing booster for sustainable change

Invest in your employees' wellbeing to increase engagement, productivity, and focus...
and equip them with healthier habits and coping strategies

What's the idea

THRIVE TEAMS teaches employees simple, actionable strategies for de-stressing, finding calm, and boosting happiness—without leaving their jobs. Designed for busy professionals who may be stressed, unfocused, or seeking more fulfilment, this programme draws on proven methods with small, manageable techniques that lead to significant improvements in both work and personal lives.

After experiencing burnout and leaving my job 10 years ago, I dedicated myself to learning and teaching practices that help employees manage stress and enhance wellbeing.

How it works

THRIVE TEAMS is a month-long intervention designed to complement a wellbeing strategy OR be a standalone initiative. Weekly, experiential workshops will feature **interactive sessions**, and will be supplemented by additional materials including **audio resources**.

THRIVE TEAMS comprises three pillars:

LEARNING the WHY. Drawing on insights from **neuroscience** and **psychology**

PRACTICE - the HOW. Engaging in evidence-based techniques like **Mindfulness, Breathwork, and Positive Psychology**

APPLICATION - the WHEN. Implementing these techniques in practical, **sustainable ways** into employees' daily lives to ensure **long-lasting impact**.

Logistics

Held over four weeks, the programme includes four 90-minute workshops for 15 people at your premises within London.

Deliverables: Action Plan Journal with Learning Highlights. Access to all practices and resources. Contact with Management to answer any queries.

Investment

Gold package - £2,700 (Introductory Price)

Platinum Package* £3,500

*Includes Leadership Training

Why It's Important?

* **High stress - 76%** report moderate to high stress...stressed and disengaged employees are unproductive and may be considering leaving.

* **Presenteeism - 68%** continue to work when unwell and this costs UK businesses an average of **£605 per employee** per year.

* **Absenteeism - 7.8 days of sickness** per employee annually, costing the UK economy **£18 billion**. More stats at coachyourselfbetter.com

* **Mitigates risk** - wellbeing training ensures a duty of care to employees and reduces likelihood of stress-related claims.

The cost of replacing an employee can exceed £30k per person. Investing in wellbeing improves your bottom line, reduces logistical issues, and boosts morale.

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Book THRIVE TEAMS for your employees or explore bespoke options: jessica@coachyourselfbetter.com / 07783199050