



# The Wellbeing Project

**PUTTING HEALTHY PERFORMANCE AT THE HEART  
OF HOW THE WORLD DOES BUSINESS**

# The Wellbeing Project

Putting healthy performance at the heart of how the world does business

The Wellbeing Project is your strategic partner for people development. We specialise in a sector-focused, data-driven approach to tackle real business challenges. With over 16 years' experience delivering training, coaching, and assessment solutions, we take a holistic view of your organisation. Our targeted programmes empower teams, managers and leaders to drive a culture of healthy high performance.

Our solutions are supported by robust data generated by our psychometric assessment, WRAW. Scientifically validated and evidence-based, WRAW provides actionable insight into the mindset and behaviours that underpin sustainable performance in the workplace.

Our expert team of business psychologists and people development specialists deeply understand human behaviour and organisational dynamics. We are your trusted partner, here to help you unlock the full potential of your organisation.

To speak to our team of experts, get in touch. We can help make your vision for wellbeing a reality.

[Get in touch](#)



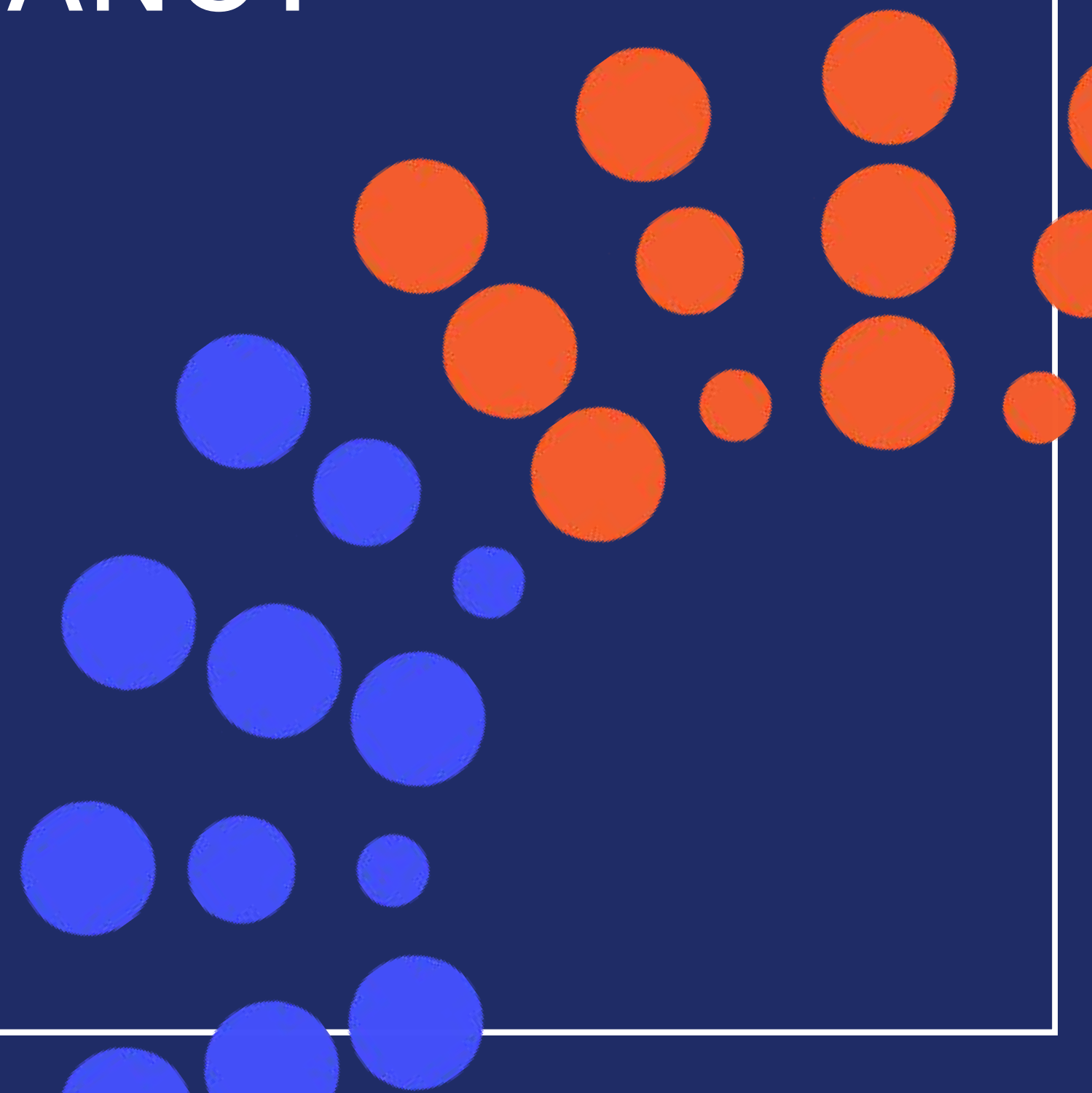
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# STRATEGY AND CONSULTANCY



# Strategy and consultancy

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Our team of business psychologists are experts in creating healthy workplace cultures that support business performance. Whether you're at a key review point or are just getting started, we'll partner with you to ensure you are on the right track.

- Audit your existing wellbeing strategy.
- Analyse return on investment of your wellbeing initiatives.
- Assess the wellbeing and resilience of your organisation.
- Create a bespoke wellbeing strategy.
- Develop a programme of targeted wellbeing initiatives.

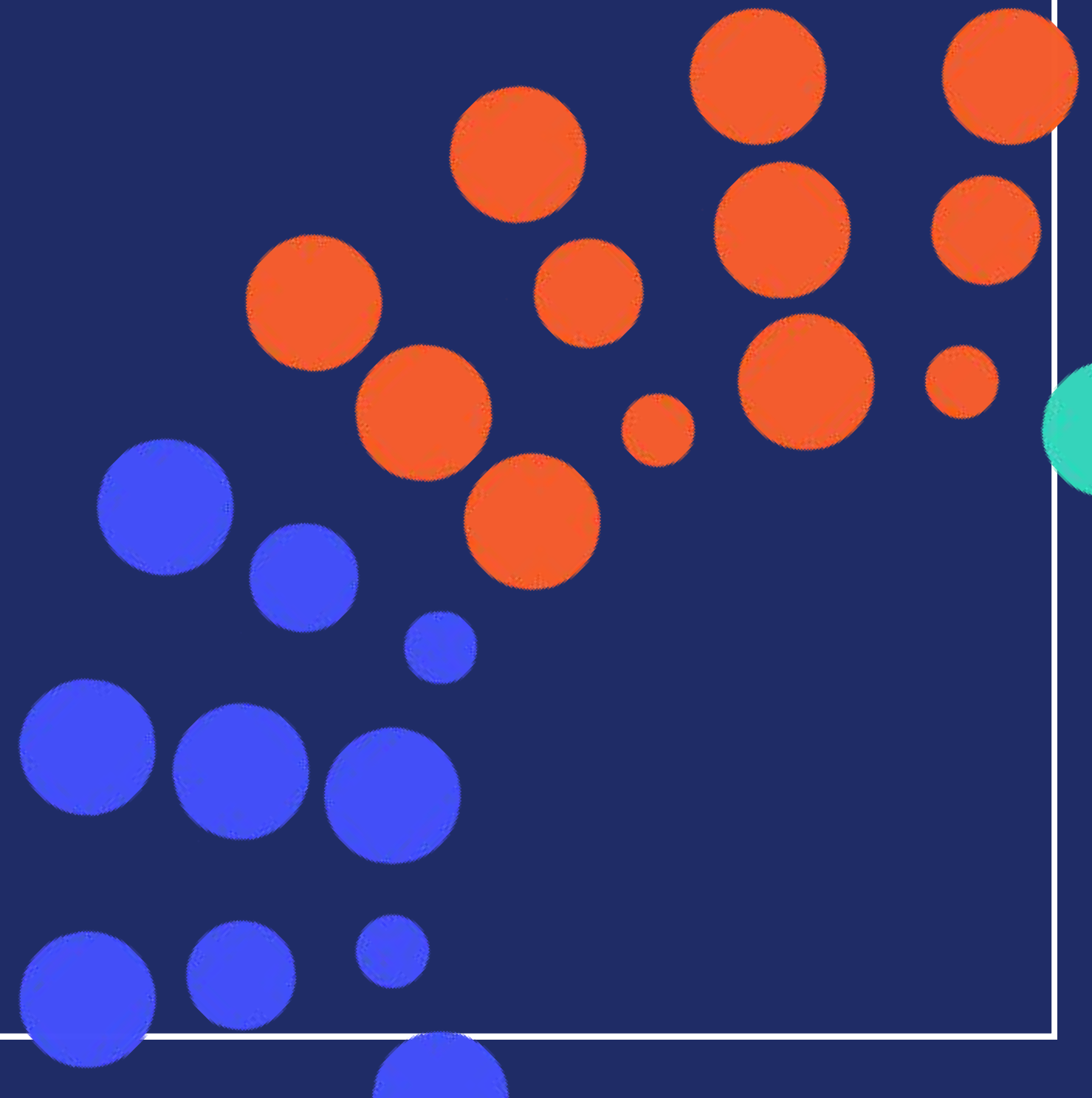




“ The assessment gives us a holistic overview of wellbeing, and identifies areas where we can improve as an organisation.

ANN LOUIS RAMOS  
ENVISION

# LEADERSHIP DEVELOPMENT





# Leadership Development

Leading organisations in today's volatile business landscape requires exceptional skill and resilience. From shaping the strategic vision to creating a thriving team culture, the role of leaders is pivotal.

Our leadership programme builds resilient leaders from the inside out. Developed by industry-leading business psychologists, it develops the behaviours, mindset and skills that unlock the true potential of leadership to make a lasting impact on the organisation and the lives of the people they lead.

## KEY FEATURES

Modular approach  
Psychometric assessments  
Specialist facilitators  
In person and online



## LEADER MODULES

Strategic Mindset  
Culture of Belonging  
Conversation Mastery  
Psychological Safety  
Wellbeing Conversations  
Navigating Change  
Leadership Coaching

[Find out more](#)

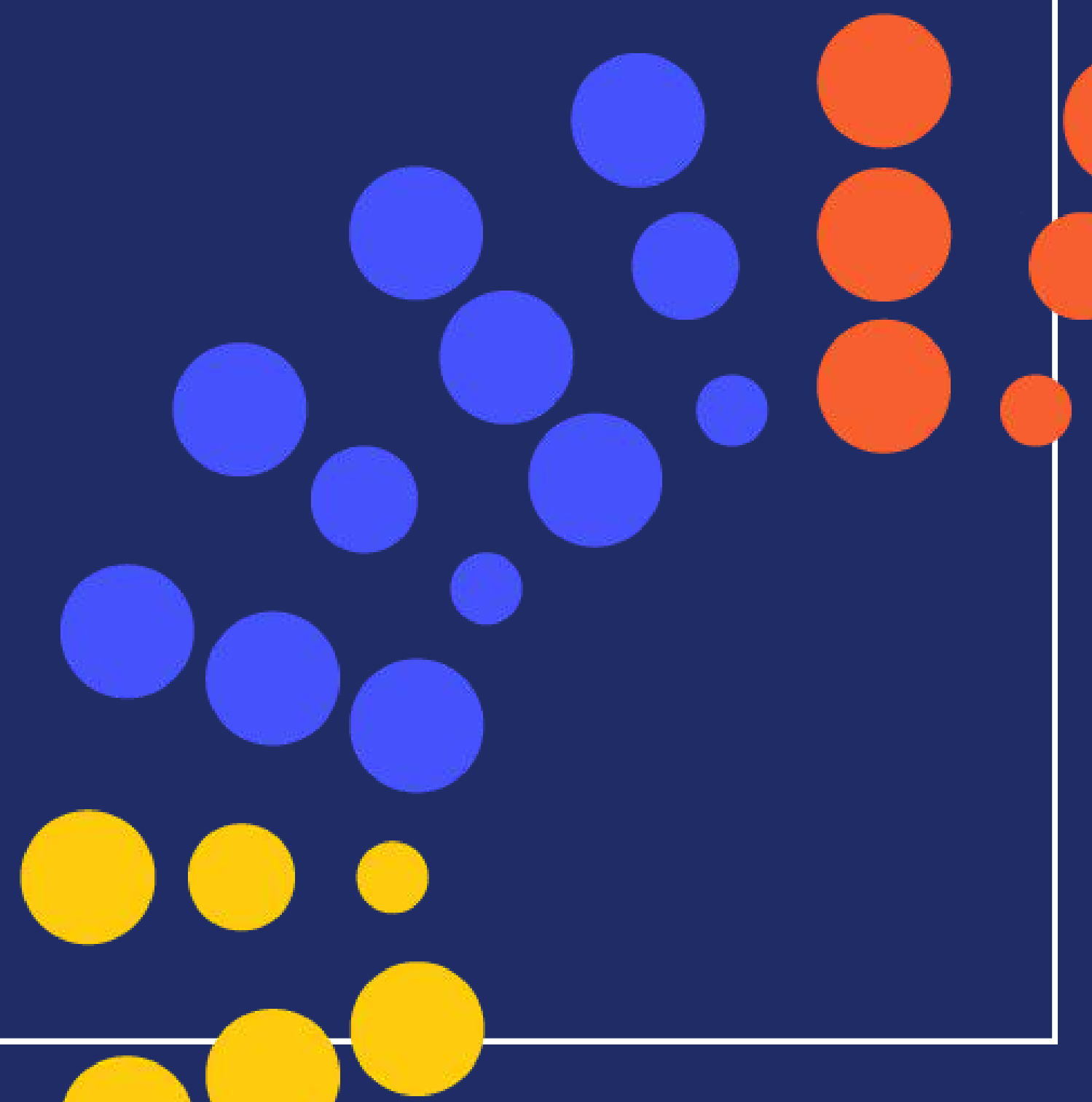




“ The leadership programme has exceeded all our expectations. It fulfilled the brief perfectly meeting all of our key objectives.

EMMA WHILE  
HEAD OF LEARNING AND DEVELOPMENT

# MANAGER DEVELOPMENT



# Manager Training

Managing teams in today's fast-paced business environment is no easy feat. From driving business performance to managing team pressure, the demands on managers are high and the stakes are even higher.

To enable managers to rise to the challenge, we have developed a highly focussed programme for managers today. We focus on a core set of human-centric skills that equip managers to foster an environment where employees can achieve their full potential.

## KEY FEATURES

- Fully tailorable
- Modular approach
- Psychometric assessments
- Specialist facilitators
- In person and online



## MANAGER MODULES

- Personal Resilience
- Wellbeing Conversations
- Leading Through Change
- Pressure Management
- Feedback Culture
- The Coaching Approach
- Psychological Safety

[Find out more](#)



# 1:1 Coaching

## BUILDING INNER RESILIENCE

Our unique approach to manager coaching starts by giving each of your managers a confidential psychometric assessment of their own resilience. This powerful insight is the foundation for a highly focused coaching programme.

All our coaches are specialists in workforce resilience, and have worked with leaders and managers across many industries.

The result? Your managers will be empowered to navigate their way through a complex business landscape, taking their team with them.



“ The feedback from our managers has been exceptional. The Wellbeing Project ensure that everyone leaves with advice and tips, and clear real-life examples they can put into practice.

KELLY COLUMB

WELLBEING, DIVERSITY AND INCLUSION MANAGER

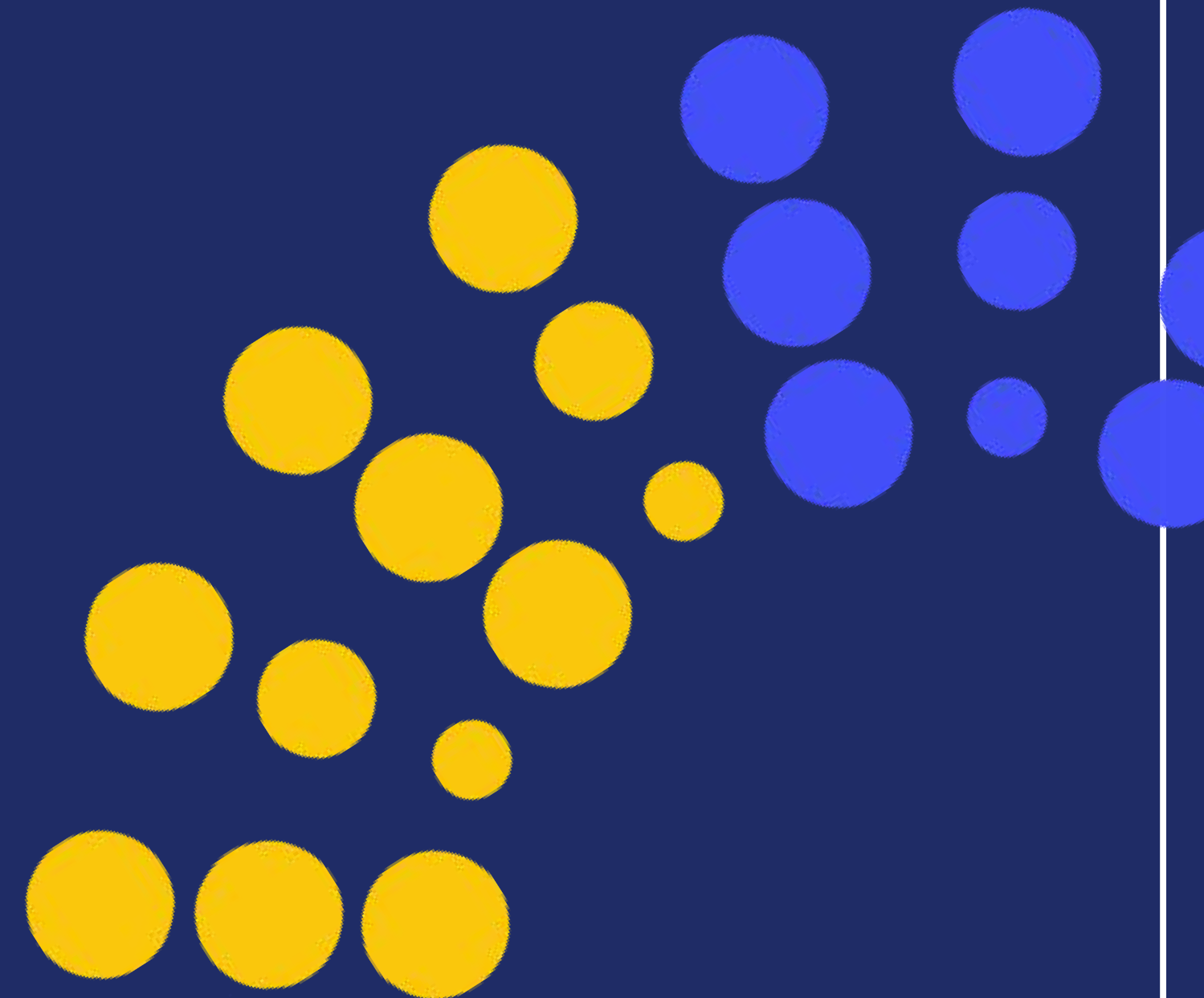


The course has sparked positive conversations between us that would never have occurred before. I am grateful for the platform we have been given and to feel part of a healthy and open dialogue.

PROGRAMME DELEGATE

**BCP**

# EMPLOYEE WELLBEING AND RESILIENCE





# Personal Resilience

In a fast-paced world, the inevitable challenges and changes of working life can impact the mental and emotional wellbeing of your team. But with the right skills and mindset, they can navigate these challenges and look confidently ahead to the future.

Our Personal Resilience programme has been designed to develop the hallmarks of resilient people. Each programme is tailored to the needs of the client and can include:

- Personal resilience assessments
- Coaching
- Resilience workshops
- Resilience embedding tools

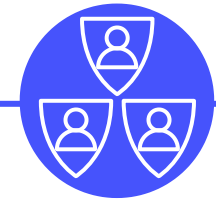
Designed by business psychologists, it is everything your team needs to thrive at work.

[Find out more](#)



## RESILIENCE ASSESSMENT

Build awareness of resilience strengths and areas for development.



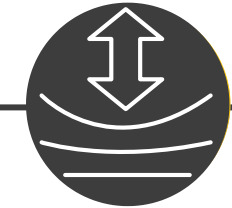
## PERSONAL RESILIENCE MASTERCLASS

Unlock the thinking patterns and behaviours for healthy performance.



## COACHING

1:1 support to build ever greater resilience



## RESILIENCE EMBEDDING TOOLS

Embed lasting behavioural change.

“

The Wraw resilience assessment  
unlocks a way of examining and  
impacting things that – to put it bluntly  
– defines how I am in myself.

BEN ROOME  
CEO

# STRESS, PRESSURE AND CHANGE

There is a core set of skills that working people need to thrive in today's workplace. They need to know how to alleviate stress, manage pressure and navigate change.

Drawing from evidence-based models, our Business Psychologists developed these 3 powerful workshops. Available both online and in-person, they will equip your team with the knowledge and skill to succeed.

[Find out more](#)



## **STRESS, PRESSURE AND CHANGE**

Stress to Strength  
Pressure to Performance  
Navigating Change

# Flourish Wellbeing

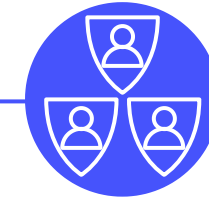
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The Flourish Wellbeing series optimises physical, psychological and social wellbeing.

The 10 bite-size workshops are designed to work together but can also stand alone. They are short, sharp, interactive and packed with tools, tips and strategies to use both at work and at home.

Tailor a Flourish Wellbeing programme for your people, or include it as part of an annual plan of wellbeing support.

[Find out more](#)



## **FLOURISH WELLBEING WORKSHOPS**

Energise  
Beating Burnout  
Nourish  
Strike a Balance  
Sleep Soundly  
Digital Wellbeing  
Menopause Awareness  
No Problem  
Calm, Confident, Assertive  
Discover Your Strengths

# Mindfulness

Mindfulness is a powerful practice for combatting stress and boosting performance. It has been adopted by leading organisations around the world as part of their commitment to supporting their people to thrive at work.

Our mindfulness series introduces research-backed practices that are accessible to all. Each session is an opportunity for self-reflection and experimentation. Participants routinely report leaving feeling more relaxed, calm and centred.

[Find out more](#)



## MINDFULNESS WORKSHOPS

Introducing Mindfulness

Monkey Mind

Mindful Movement

Mindful Relationships

# Mental Health

## Awareness

### BREAKING DOWN MENTAL HEALTH STIGMA

Mental Health Awareness develops a deeper understanding of mental wellbeing.

We highlight the early warning signs of a dip in mental wellbeing, and explore the factors that either protect or undermine our mental health.

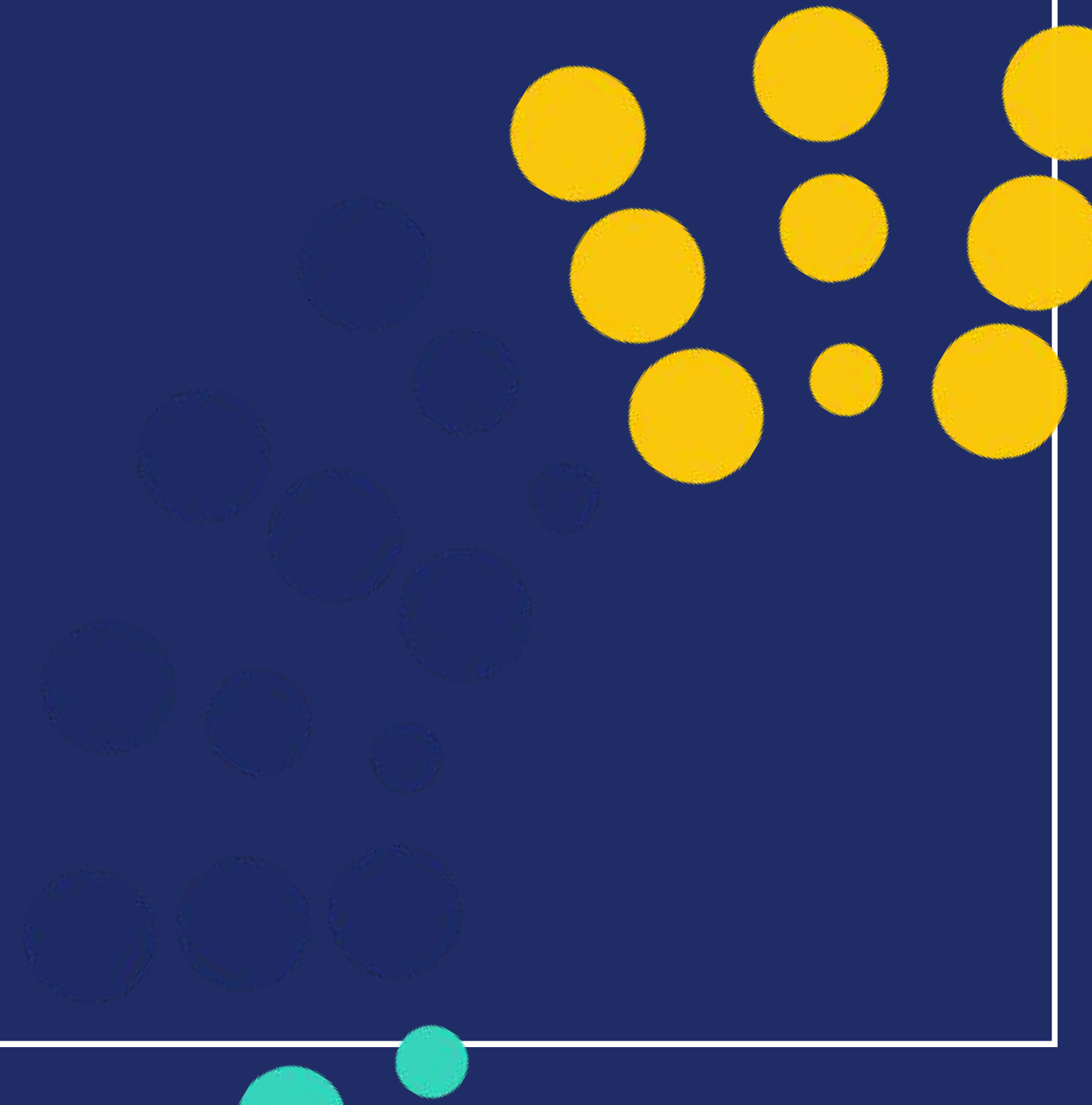
Delegates will gain greater confidence in their ability to build and maintain their mental wellbeing.

[Find out more](#)

### OUTCOMES

- Understand the mental health continuum.
- Recognise how language reinforces stigma.
- Recognise symptoms of depression and anxiety.
- Build awareness of factors that protect your mental health.
- Understand the risk factors in your own environment.
- Know how to proactively support your mental health.
- Know how to access mental health resources and support.

# SUPPORTING WORKING PARENTS



# Supporting Working Parents

Parenthood can bring many joys, but it also comes with its fair share of complexities. Working parents must juggle responsibilities, manage time and find the right support system. Sometimes, it can feel overwhelming.

That's why we've created this programme of workshops. They offer a safe and supportive space to explore these challenges with others in the same boat.

Our expert facilitators will guide the group through valuable techniques and resources to achieve greater work-life harmony. They will leave feeling supported and empowered to navigate the path ahead.

[Find out more](#)



## SUPPORTING WORKING PARENTS WORKSHOPS

Personal Resilience  
Pressure Management  
Emotional Resilience  
Healthy Boundaries  
Managing Working Parents







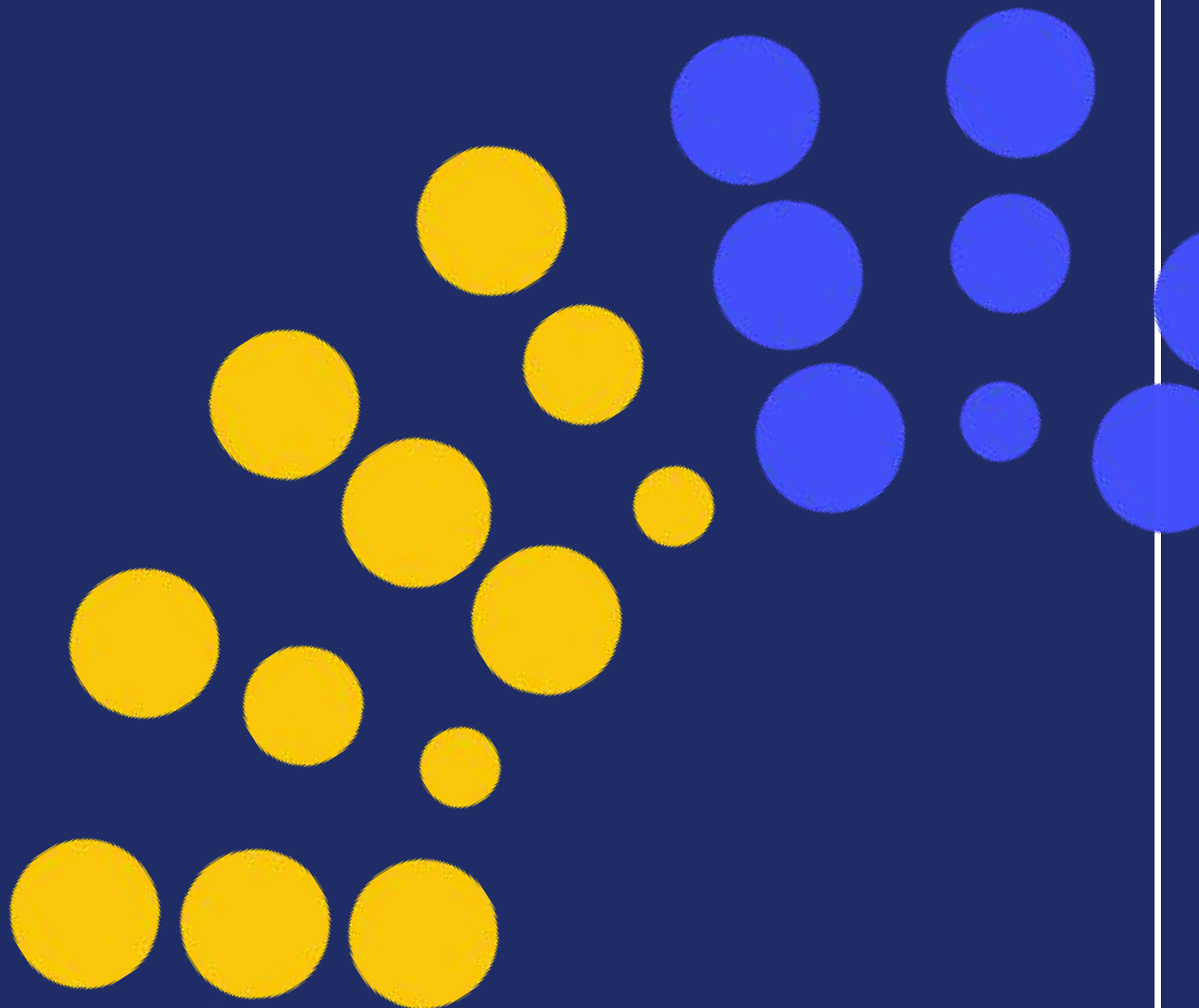
The Wellbeing Project's knowledge of stress and resilience enabled our staff to develop their understanding of these topics and come away with some brilliant techniques for managing stress and improving their wellbeing.

**GAVIN HORSFALL**

**ROYAL SHAKESPEARE COMPANY**



# FINANCIAL WELLBEING



# Financial Wellbeing

Financial security is a fundamental aspect of wellbeing. In uncertain and unpredictable times, worries about money become an even greater cause of stress and anxiety.

Our tailored selection of financial wellbeing programmes gives your employees the knowledge and confidence to take back control of their finances.

[Find out more](#)



## **FINANCIAL WELLBEING WORKSHOPS**

Introduction to Financial Wellbeing  
Money and Mental Health  
Savings and Investments  
Money Management  
50 Ways to Make Your Money Work Harder  
Employee Benefits  
Retirement Planning  
Debt Management  
Mortgages and Homebuying  
1:1 Financial Coaching



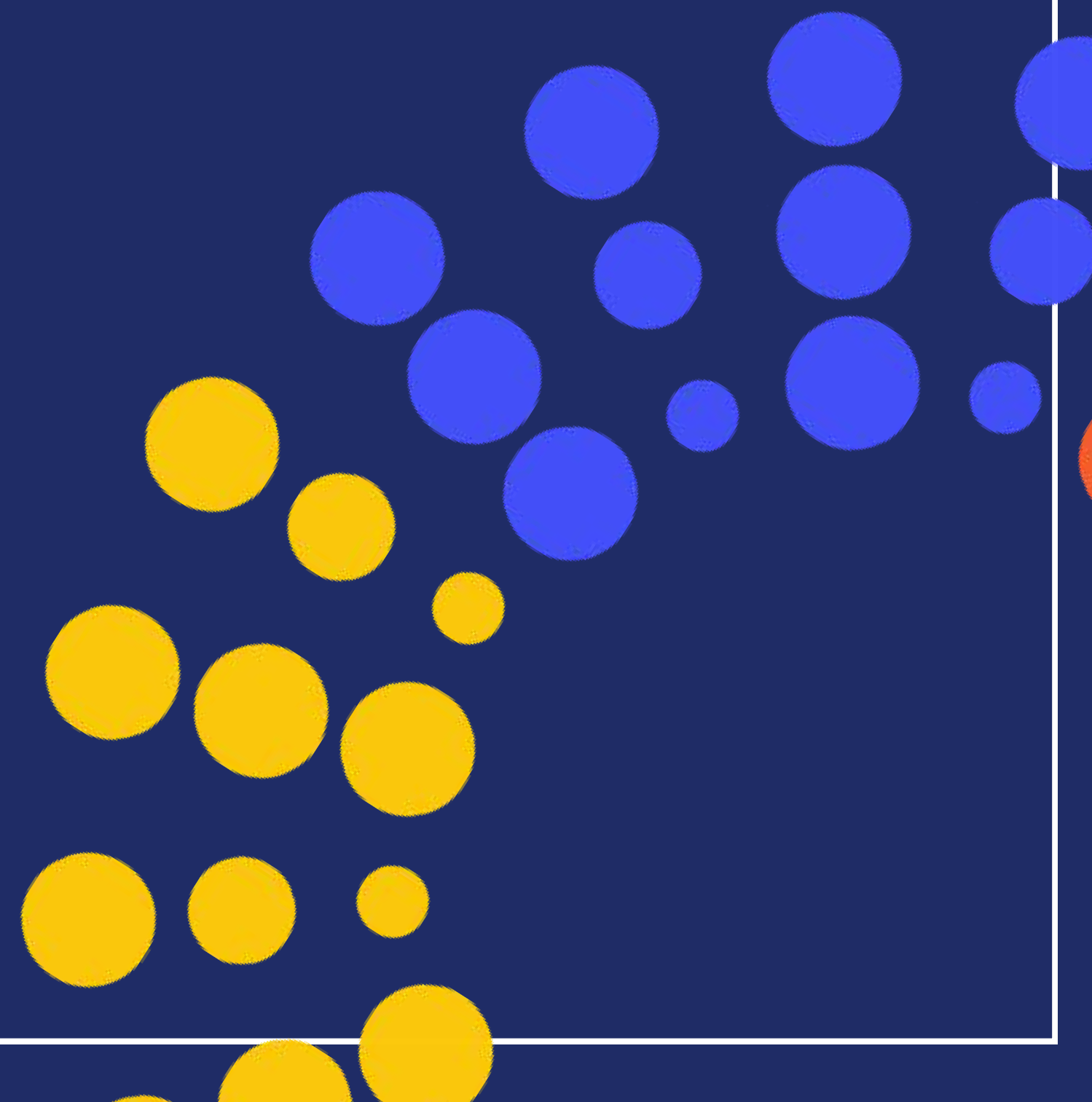
**NFU Mutual**

“

The content is relevant and current and if they don't have exactly what I'm looking for they're usually able to do something bespoke.

NFU MUTUAL

# WELLBEING ANNUAL PLAN



# Wellbeing Annual Plan

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The Wellbeing Annual Plan is a cost-efficient way of providing wellbeing support throughout the year. Choose from over 20 different sessions to build a targeted programme of support.

The Wellbeing Annual Plan includes:

- A live interactive 60 minute webinar every month.
- Choose from a selection of our Flourish, Financial Wellbeing, Mindfulness and Resilience programmes.
- Expert-led facilitation
- A recording of each session hosted on a branded wellbeing page.
- 12-month access to the recordings



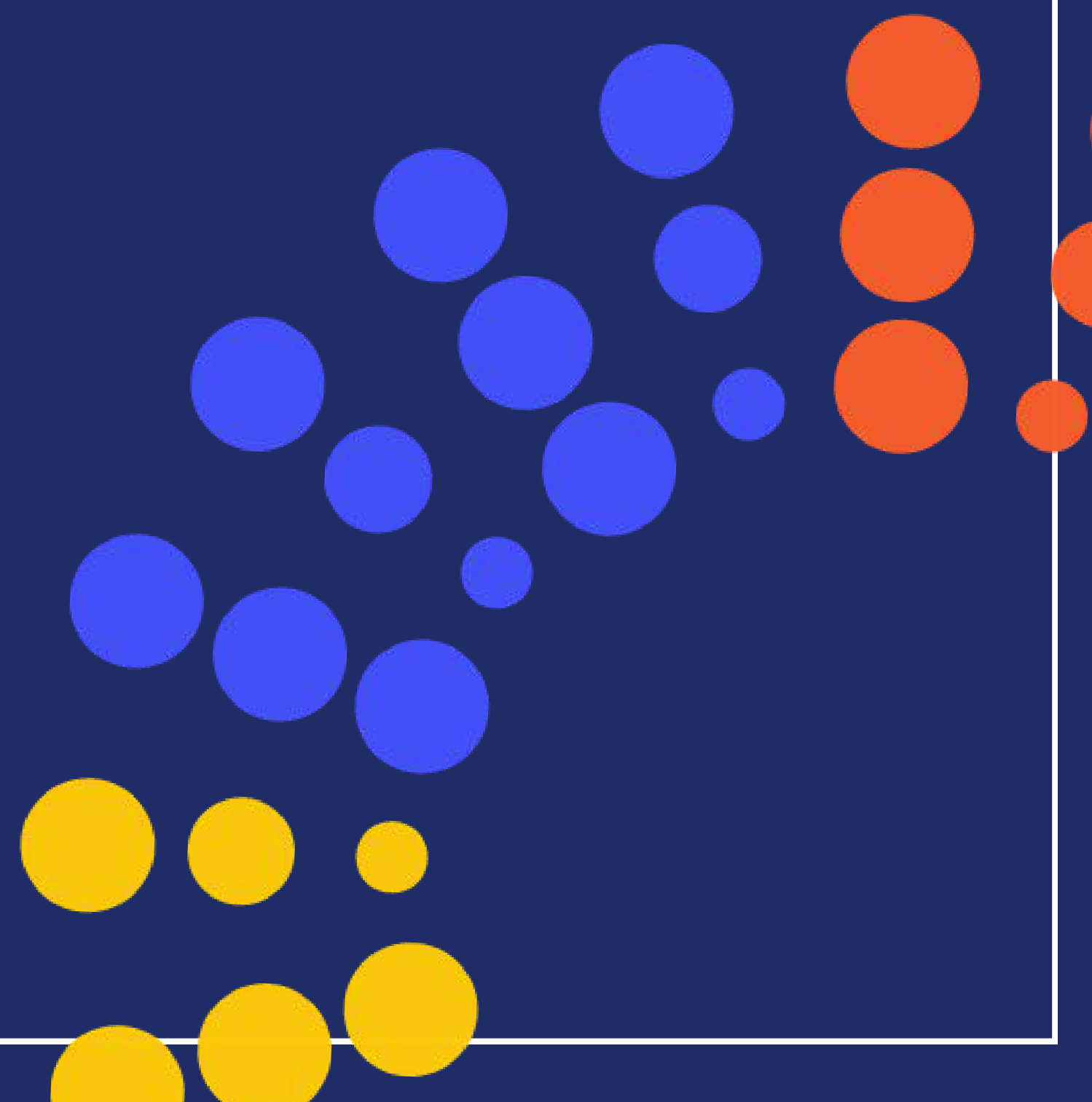


The Wraw survey supported a very open and honest discussion about how we behave as individuals and as a team, and more importantly, the environment we create for our workforce.

**CLARE SLOMAN**  
**ASTRAZENECA UKM**



# WELLBEING CHAMPION TRAINING





# Wellbeing Champion

## Training

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Our Wellbeing Champion training goes beyond one-size fits all. It is designed entirely with your organisation in mind and supports your Wellbeing Champions to deliver long-lasting impact.

### KEY FEATURES

- Fully tailorable
- Modular approach
- Online and in-person delivery
- Access to a dedicated resource hub post-training
- Flexible scheduling
- Options for CPD
- Expert facilitators

[Find out more](#)

## Modules

### WELLBEING CHAMPION FOUNDATIONS

Explore the role of the Wellbeing Champion, and build a robust understanding of wellbeing at work.

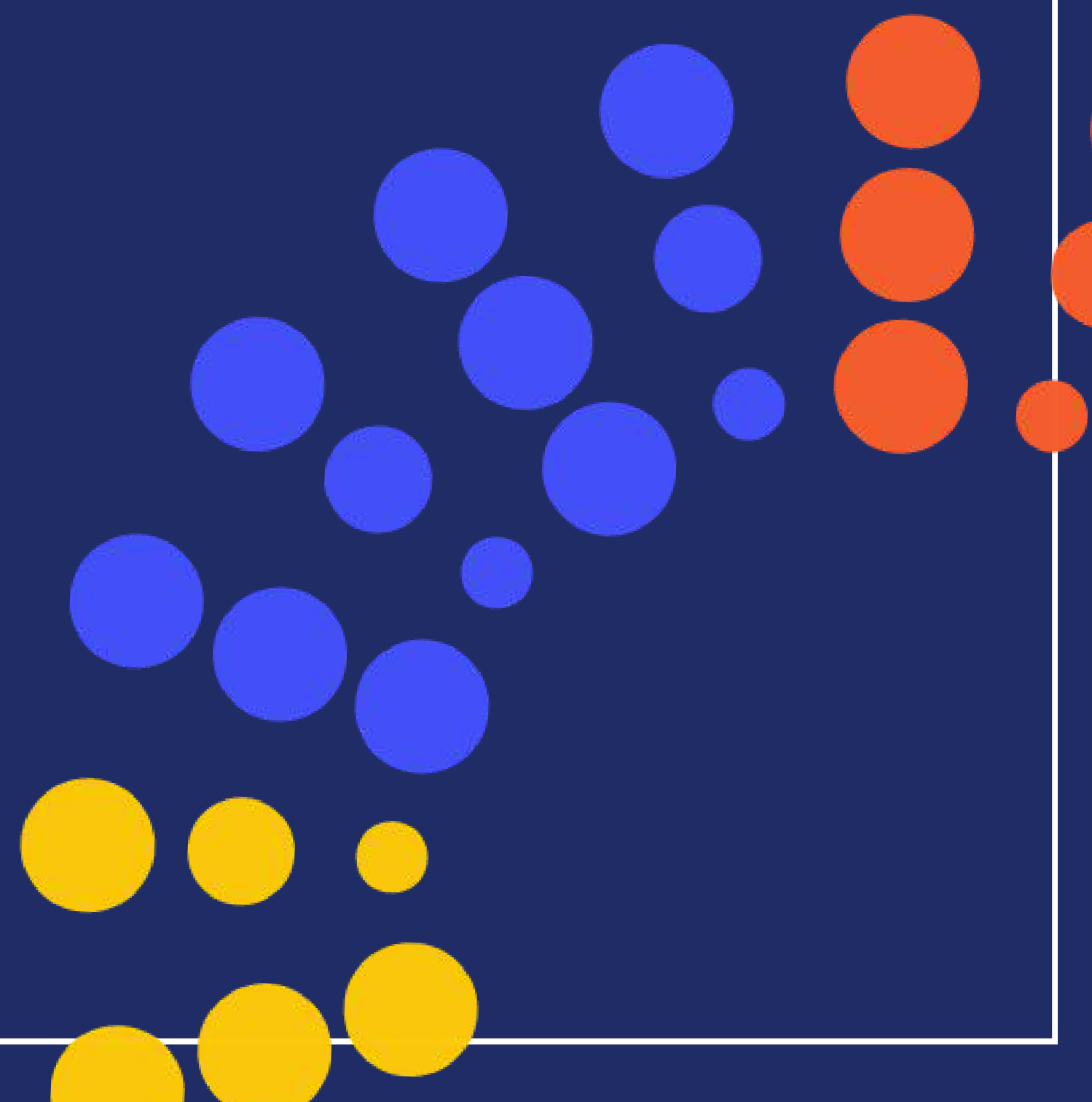
### PRIMARY MODULES

- Personal Resilience
- Mental Health Awareness
- Interpersonal Skills
- Healthy Habits
- Leading Campaigns
- Benefits of Exercise
- Coaching Skills
- Inclusive Wellbeing

### SPECIALIST MODULES

- Supporting Working Parents
- Cancer Ambassador Training
- Menopause Awareness
- Employee Benefits

# MENTAL HEALTH FIRST AIDER TRAINING



# Mental Health First Aid<sup>®</sup> (MHFA)

| Virtual Classroom           | In Person                   |
|-----------------------------|-----------------------------|
| 4 sessions over 2 or 4 days | 4 sessions over 2 or 4 days |
| 8 - 16 people               | 8 - 16 people               |

The Mental Health First Aider (MHFAider<sup>®</sup>) plays a vital role in supporting the mental wellbeing of an organisation. For those who are looking to increase their awareness and understanding around mental health and build their confidence and knowledge to offer valuable support, our Mental Health First Aid training offers a robust, recognised qualification.

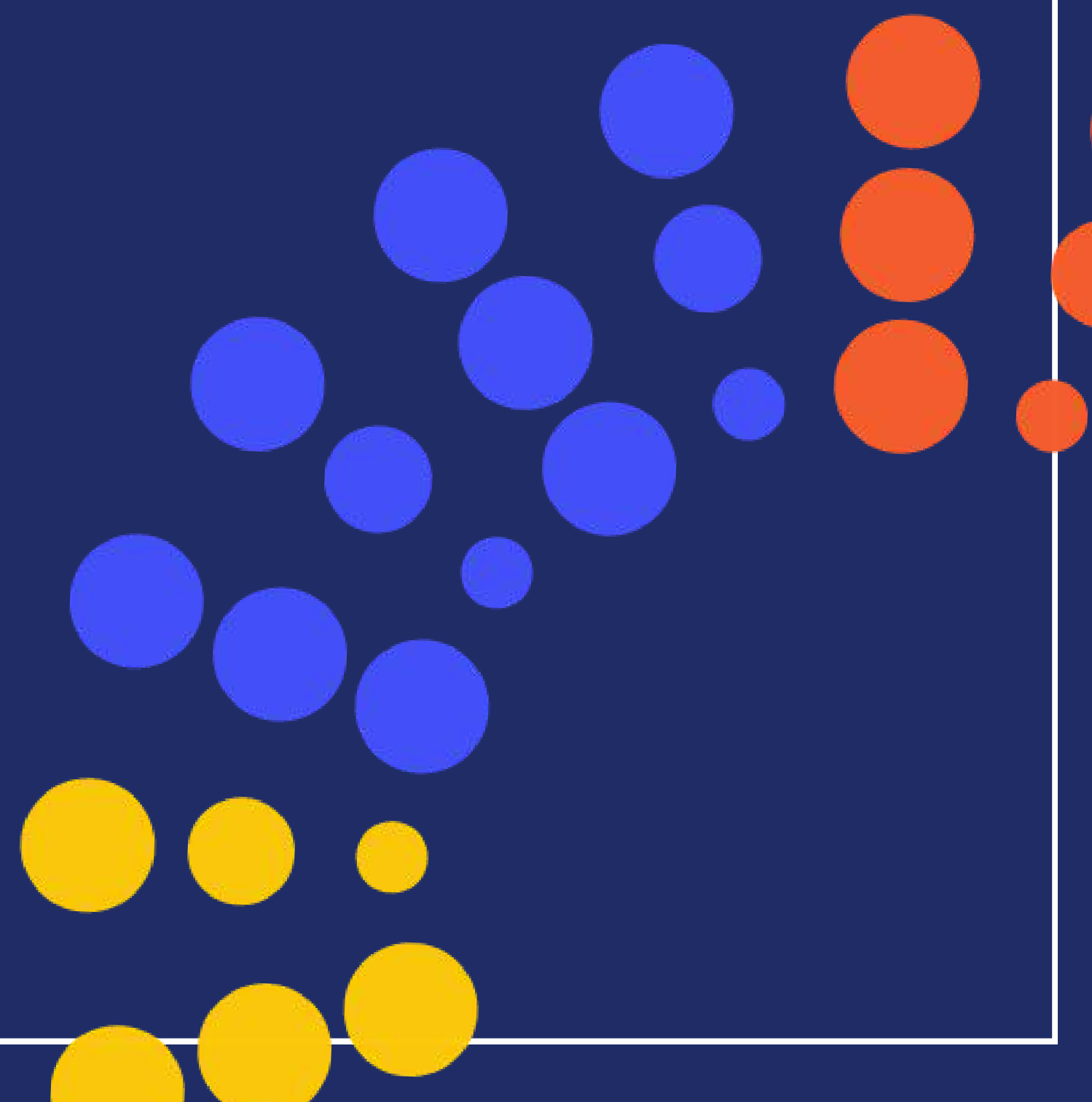
## COURSE RESOURCES

- A digital MHFA workbook
- 3-year access to the MHFAider<sup>®</sup>Support Package
- A hardcopy MHFA manual (optional)
- An MHFAider<sup>®</sup>lanyard and ALGEE action card

## OUTCOMES

- Recognise those that may be experiencing poor mental health.
- Gain an in-depth understanding of mental health and factors that affect wellbeing.
- Reduce stigma and discrimination around mental health.
- Develop enhanced interpersonal skills.
- Improve mental health literacy and address stigma.
- Understand the role including boundaries and confidentiality.
- Promote recovery and maintenance of good mental health.
- Build a mentally healthy workplace.
- Know how to guide someone to further support.
- Understand the importance of practicing self-care.

# CANCER SUPPORT AMBASSADOR TRAINING



# Cancer Support

## Ambassador Training

| Virtual Classroom | In Person       |
|-------------------|-----------------|
| 1/2 day           | 1/2 day         |
| Up to 14 people   | Up to 14 people |

Workplace Cancer Support Ambassadors play an essential role in cultivating a compassionate and supportive environment for those affected by cancer.

This course equips select members of your organisation with introductory knowledge about cancer, its treatments and side effects. It develops the skills necessary to emotionally support someone affected by cancer.

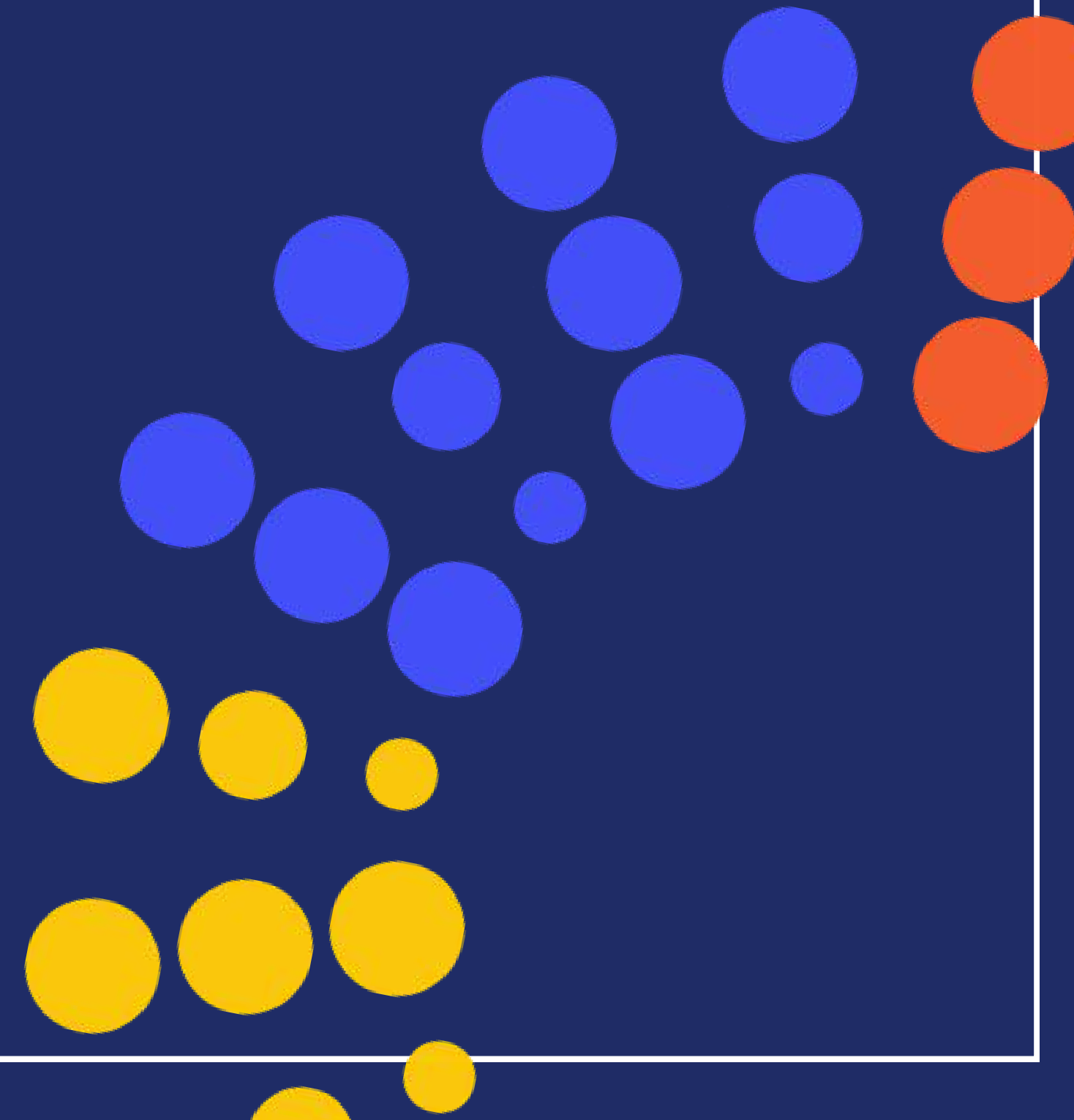
The session is delivered by Cancer Support UK trainers who have extensive experience delivering cancer information to a wide range of audiences.

[Find out more](#)

### OUTCOMES

- Understand how cancer develops, common treatments and their side effects.
- Provide emotional support to those impacted by cancer.
- Confidently navigate sensitive conversations about cancer.
- Cultivate coping strategies to build inner resilience and self-care while providing support to others.
- Signpost key services and resources.

# OUR PROJECT TEAM



# Our Project Team

Our team of specialists has forged a strong reputation for delivering outstanding results. We have put everything in place to ensure you get the outcomes you are looking for.

## **ACCOUNT MANAGER**

Your dedicated account manager will be your main point of contact, working closely with you to understand your requirements and ensure success.

## **CONTENT EXPERT**

Your dedicated content specialist will be on hand to design your programme to meet your specific needs.

## **CLIENT OPERATIONS**


A member of our client operations team is there to coordinate every aspect of your programme to ensure a smooth and efficient delivery.



## **Meet Claire Lawrence**

From first point of contact to final completion, Claire ensures that every stage of our programmes is delivered smoothly and hassle-free.

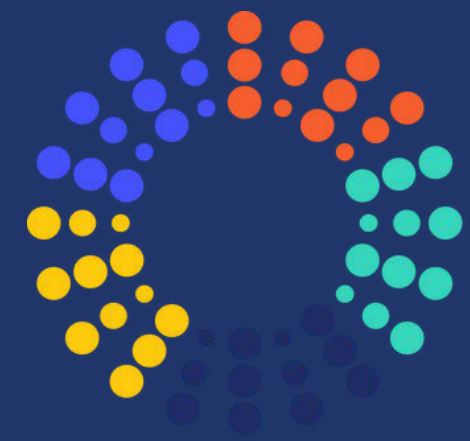
Claire leads the Client Operations team, working to drive first class service for our clients. Blending smooth efficiency with a friendly demeanour, Claire builds trusting relationships with our clients who count on her and her team to deliver their programmes.



Leveraging the data from Wraw has allowed me to engage with employees on a much deeper level.

SAMANTHA EVANS  
Senior Director  
**KELLY SERVICES**





# The Wellbeing Project

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heart of how the world does business.

To speak to our team of experts,  
get in touch.

[Get in touch](#)