



## WELLBEING 4 PERFORMANCE

# POST-PANDEMIC WORKPLACE RECOVERY & WELLBEING PROGRAMME

**SUPPORT YOUR BUSINESS AND STAFF  
TO FAST RECOVERY AND EFFECTIVELY  
LEAD YOUR TEAM INTO A  
POST-PANDEMIC WORLD**

As businesses adjust to new ways of working following the impact of Covid-19, employers need to step up their mental health support for employees if they want a resilient and productive workforce that is able to cope with change.

Our Workplace Recovery and Wellbeing Programme provides strategic and practical support for your business to help your people adapt quickly to change and create the mental resilience that is required with the new normal.

- ◆ Create highly effective support mechanisms for your staff that will allow you, as a business, to enable fast and smooth recovery.
- ◆ Create a workplace culture where employees feel able to share challenges with mental health and devise strategies to support them.
- ◆ Equip your managers with the skills and strategies to effectively influence and inspire their teams and support mental resilience.
- ◆ Learn how to adapt your business and people to the new normal quickly to prevent further problems escalating.
- ◆ Reduce staff turnover, sickness absence and presenteeism.
- ◆ Manage your workforce remotely to encourage motivation and productivity.



# POST PANDEMIC 6-MONTH RECOVERY PROGRAMME

A DEEPLY ENGAGING TAILORED PROGRAMME DEDICATED TO YOUR BUSINESS THAT SUPPORTS YOUR RECOVERY AS WE ESTABLISH OURSELVES IN THE NEW NORMAL

**INVESTMENT: £499, PLUS VAT PER MONTH**

Includes:

- ◆ 1-hour pre meeting consultation, to plan the bespoke training required and 1-hour post training consultation to reflect on learning and review the outcomes.
- ◆ Delivery of 2 x 40 minutes training sessions: Recovering from lockdown and Managing Stress Effectively in the new normal. These sessions \* are appropriate for the whole organisation to support recovery from the Covid-19 pandemic individually, as a team and the business as a whole.
- ◆ 2 or 3 (depending on organisation size) one-hour training sessions for leaders and line managers. The Essential Toolkit for Line Managers post Covid-19. This package is designed to support managers, their team, and the business to recover from the pandemic. These sessions\* will equip managers with the essential tools and effective strategies to support staff effectively.
- ◆ A weekly telephone call to provide advice and support for leaders concerning vulnerable groups, and assistance regarding staff wellbeing initiatives.
- ◆ Email advice for senior leaders on aspects of Health & Wellbeing.

*\*Training can be delivered with social distancing measures face to face or via a virtual platform.*



## Sign-up TODAY:

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