



EMBRACE
PERFORMANCE

THRIVE

WORKPLACE WELLBEING ACCELERATOR

STRESS AND SLEEP



MINDFULNESS AND RESILIENCE

MENTALLY HEALTHY WORKPLACES

MENTAL HEALTH AWARENESS



ARE YOUR EMPLOYEES SURVIVING OR THRIVING?

Your organisation depends on having a healthy, engaged and productive workforce. The Thrive Accelerator is built on the fundamentals of performance and wellbeing that have delivered Olympic success. The techniques have been refined and applied to the even more competitive world of business.

Ignoring the mental wellbeing of your staff comes at a high price, including lower productivity, lost work days, and reduced engagement and retention. The great news is that investing in employee wellbeing has a fantastic return on investment [1].

Our Thrive Wellbeing Accelerator delivers olympian-worthy, science-backed insights on stress, sleep, mental health, resilience and mindfulness, helping you to develop a healthy, happy and productive workplace.





THRIVE MASTERCLASSES



STRESS

Understand the impact of stress and take back control

The greatest sport stars are those who perform even when the pressure is on. Just like in sport, some degree of pressure is expected in working life. In fact, it can help to motivate and energise people. However, we are living in challenging times and adapting to this landscape of huge uncertainty can understandably increase feelings of stress and anxiety.

When stress is relentless and exceeds your employees' ability to cope, it has serious negative consequences on their health and performance. It can leave staff exhausted, disengaged, lacking creativity and physically and mentally unwell.

This masterclass provides insight on the concept of stress and the science behind how it impacts our thoughts, feelings, behaviours and body.

Participants will leave with a deep understanding of their stress triggers, how they tend to react to pressure and the warning signs of burnout.

The masterclass will teach positive self-care habits and a toolbox of techniques, tips and strategies to take back control of stress.



SLEEP

Sleep soundly for better wellbeing and performance

Research shows that improved sleep is one of the biggest predictors of improved performance and quality of life. We all have disrupted sleep from time to time - it's normal. However, in the UK, the annual cost of lost sleep is up to £40bn [1].

Prolonged lack of sleep has a profound impact on our brain's ability to function. It hits our capacity to communicate, problem-solve, manage our emotions and maintain relationships.

For businesses, the impact of employee sleep deprivation has implications for

productivity, teamwork, creativity, decision-making and safety, not forgetting physical and mental health.

This masterclass will uncover the science of sleep and common sleep conditions that negatively impact health. The session will explore the factors that get in way of a good night's sleep, and the environmental and lifestyle changes that we take take to improve sleep quality and quantity.

Participants will leave the masterclass with practical and positive actions to improve their sleep quality.



MENTAL HEALTH AWARENESS

Empower staff to discuss mental health

1 in 6 workers is dealing with a mental health problem right now [1]. The cost of poorly managed mental health issues in the workplace is significant. In the UK, over 70 million sick days are attributable to poor mental health each year [2].

Promoting awareness of mental health and creating an environment where staff feel confident to talk to their manager can help to nip problems in the bud, before they spiral out of control.

This masterclass provides an introduction to mental health, suitable for all staff. We

use science to dispel myths and tackle mental health stigma, helping participants to feel more comfortable discussing mental health.

This session builds employee's knowledge of common mental health problems, the common underlying factors that contribute to mental ill-health and what support is available.

Participants will learn strategies to reflect on their own mental health, maintain positive mental wellbeing and relate to others who may be struggling.



RESILIENCE

Bounce back from challenges and keep going

Resilience is the ability to quickly bounce back from failures, challenges and adversity. People with high resilience are adaptable, mentally flexible and able to manage pressure. They utilise their strong relationships and support networks to help them maintain their performance. They consistently perform at their best, maximising their productivity and success.

While some people may be naturally more resilient than others, the great news is that resilience is a skill that can be taught and developed.

This masterclass explores the science behind resilience and how it is impacted by stress and uncertainty. Learn how self-care can help to boost resilience, exploring techniques to carve time to unwind, recharge and relax.

Participants will learn strategies and techniques to help them to cultivate a resilient mindset, challenge negative thoughts and navigate setbacks.



MINDFULNESS

Cultivate awareness, calm and focus

Mindfulness is the ability to be fully present in the moment. A growing body of research shows that it can have numerous benefits including decreased stress, anxiety and sadness and increased happiness, focus and calm.

This introductory masterclass debunks common myths and explore the science underpinning mindfulness. Participants will leave the session understanding the role of mindfulness in stress management, mental wellbeing, emotional regulation and leadership.

In addition, the masterclass will provide practical experiences of mindfulness and a variety of techniques that participants can integrate into their lives.



PRICING

THRIVE PACKAGE

5 interactive masterclasses delivered by our Performance Psychologists. 60-90 minutes each.

VIRTUAL £1795

IN PERSON £2100

INDIVIDUAL WORKSHOP

Interactive masterclass delivered by our Performance Psychologists . 60-90 minutes each.

VIRTUAL £395

IN PERSON £455

BESPOKE PACKAGE

Get in touch to discuss your specific needs.

CONTACT US

CONTACT US TODAY

info@embraceperformance.co.uk

+44 (0)77 69185609

www.embraceperformance.co.uk