



P O I N T 3

INSPIRING A MINDSET MOVEMENT

BE WELL. BE HAPPY. BE YOU.

“Return to Work” Wellbeing Programme:

Supporting the mental + emotional resilience of your people during these challenging times

More than ever in these uncertain times we need to find ways to support the mental and emotional wellbeing of people, in order to create **more resilient and compassionate workforces**.

Many will have depleted mental health and will be struggling to cope with the demands of the “new workplace” reality - combined with concerns about parenting from home, health, finances, isolation and grief.

With 1 in 4 suffering from mental ill health over the course of a year prior to COVID-19, and with the inevitable rise in stress that comes with this global crisis, mental health interventions will be essential to prevent burnout amongst employees.

We believe in raising awareness, shifting attitudes and changing beliefs around mental health for all. **So, we're for the 4 in 4, because we all have mental health.**



Nothing shifts unless something moves. Through a series of training and development programmes around mindset, movement and mindfulness we look to **optimise the mental, physical and emotional resilience** of people by focusing on the mind first.



MINDSET

MOVEMENT

MINDFULNESS

And we believe it's often the art of putting this knowledge and awareness into practice that can be the key to unlocking a transformative life. So, we take an immersive and experiential approach to our training to **motivate, educate and energise people** into positive action and lasting change.

We've listened. To help you provide a work environment that promotes wellbeing, balance, empathy and compassion during these challenging times, we've compiled a wellbeing programme to help support you and your people as they "return to work" in a new way.



For workforces to work well together, empathy and understanding, care and compassion need to exist. Now is the time to inspire change at an individual and collective level. **How can we help you inspire a mindset movement amongst your people?**



Programme

(includes all 3 items listed)

£4,950
(worth £7,950)

1) 1 x Mental Health Awareness Training session:

4 hour live, virtual training to develop confidence and empathy around managing mental health conversations in the workplace. Ideal for managers - up to 16 people.

2) 1 x 30 day Cultivating Positive Habits programme:

A 4-week programme focused on creating healthy habits - shining a spotlight on the areas of sleep, nutrition, movement and mindfulness to create balanced, energised and resilient people. The programme incorporates a live, virtual 60 minute launch webinar, followed by 4 x weekly 45 minute live, virtual group coaching sessions. The programme is supported by a weekly e-shot of wellbeing content. Ideal for teams and individuals - up to 100 people.

3) 6 x recorded 15 minute mindset webinars:

- Building Resilience
- Building Empathy
- Managing Change
- Finding Balance
- Finding Focus
- Finding Energy

NB: If you have a specific brief, we are happy to design a programme bespoke to you and your business needs

Meet the Team...

POINT3 Wellbeing was founded by Nicky Morgan, Sion Stansfield and Sarah Mayo in 2018. We have a collective 45+ years working in the fast-paced marketing and events industry for companies including BMW, Nike, Lucozade, Honda, and British Airways. We have re-trained as wellbeing coaches with specific expertise in mindset, movement and mindfulness.

In early 2018 we left our roles as Talent Director, Client Services Director and Marketing Director respectively, and now use this corporate experience - alongside collaborations with doctors, scientists and psychologists - to help others in the workplace to “stress less and smile more.”

BE WELL. BE HAPPY. BE YOU.



How can we inspire a mindset
movement amongst your people?

Thank you!

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Wholehearted. Trust + Respect. Meaningful Connections. Good Vibes. Curious + Curiouser.

Some of the companies we work with...



What they say...



ALEXIS GOLDFARB, VICE PRESIDENT
SENIOR DIVERSITY, EQUITY, INCLUSION CONSULTANT - EMEA:

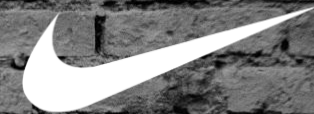
“

It's been great working with POINT3 on a variety of initiatives, all of which have supported our goal of promoting positive wellbeing amongst our people.

The team's energy, knowledge and expertise has enabled our people to further their understanding of wellbeing and takeaway some easy, yet impactful techniques to improve their overall wellbeing.

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MATT MCKIE, BRAND DIRECTOR, NIKE UK:

“ *POINT3 delivered a workshop for the Nike Team that enabled us to explore our individual wellbeing needs as well as those of each other. They facilitated a strong, meaningful discussion that for me as a manager led to powerful insights on my team, which has ultimately enabled a positive and lasting cultural change within the group.*

As such, would highly recommend. ”

What they say...



SAMANTHA MASSEY, PROJECT MANAGER/WELLBEING TEAM:

“

We engaged POINT3 Wellbeing to support us with our Wellness Week in October 2019. Together we designed a varied programme of talks, workshops and relaxation sessions to appeal to our wide-ranging employees and were really pleased with the internal take-up. The post survey feedback scored the sessions highly and we were pleased to welcome POINT3 back in 2020 to run additional mental health awareness training. Working with POINT3 is an absolute pleasure. The team are so passionate, inspiring, knowledgeable and flexible. I would recommend them as a must-have partner in your wellbeing programme.

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