



ENERGISING
POSITIVE
CHANGE



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BEST-SELF AT WORK

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If your employees could be at their best more often, how much better would your business be?

Energise your team to greater engagement & wellbeing...

'Best-Self at Work' is a simple programme steeped in the science of positive psychology aimed at helping your individual employees to discover and build on what's strong and amplify it to facilitate positive, lasting and effective change in their wellbeing, productivity and engagement at work.

IMPROVE
MINDSET

DISCOVER &
FOCUS ON
STRENGTHS

BUILD
RESILIENCE

CREATE
BALANCE

EMBRACE
VULNERABILITY

ENERGISE
GOAL-
SETTING

EXPLORE
EMOTIONS

PERSONAL
GROWTH



THE PRO-ACTIVE APPROACH

Whereas most organisations are focussed on reactive measures of wellbeing, where the intervention points are pinned AFTER detection of issues, the Best-Self at Work programme helps you to encourage employees to take responsibility for building a personal toolkit of resilience and enable them to understand their wellbeing needs more clearly - before the need for reactive intervention. Therefore, a preventative approach provides a more cost-effective and engagement friendly route to employee mental health.



WHY ENABLE THIS PROGRAMME?

01

An extremely simple & cost-effective way to educate and provide employee's with a mental toolkit for resilience.

03

Those who understand and exercise their strengths at work are SIX times more engaged

02

People who understand how to amplify their best-self report higher levels of self-efficacy and self-esteem; leading to a more confident and productive workforce



04

Employee engagement strategies have been proven to reduce staff turnover, improve productivity and efficiency, retain customers at a higher rate, and make more profits.

SIMPLE TO INTEGRATE



The **Best-Self at work** programme consists of 4 elements detailed below. Workshop's can be run periodically for new-starters, self-study can be started at any point and coaching is available to all.

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- 01 Half-day workshop.** An introduction to the Positive Psychology approach to wellbeing.
 - 02 Full-day Strengths workshop.** Character strengths are the core of how we feel energised in any given situation. Understanding how to recognise, exercise and engage with our strengths is essential to maintain productivity and motivation in our everyday activities. Getting to grips with strengths has been shown to improve resiliency and organisations who have a strengths focus have been shown to increase performance by over 30% and have employees who are over 6 times more engaged.
 - 03 A self-study 'Nourishment' course for each employee.** 'Nourishment' is the understanding of our own personal 'wellbeing recipe'. This self-study course helps individuals to discover what they NEED and WANT from both work and home life in order to bring their best-self to work.
 - 04 Monthly visit from a Best-Self Coach.** Enabling employees to book sessions and gain further wellbeing and development support. This gives each individual a unique and powerful way to get even more from the programme.
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IGNITE ENGAGEMENT

Engagement is much like a puzzle; It's complex, has many parts to it, and they all need to fit together in order for you to see the bigger picture. It's not just about a fancy office and cool incentives; an engaged employee feels an emotional commitment to your organisation.

The best-self at work programme provides a platform for your employees to experience the commitment you have to their personal wellbeing and equips them with the tools to self-motivate, increase happiness, improve relationships and continue with self-development - all key factors in positive employee engagement.



WHAT ARE THE COSTS?

The four-part programme is £5500+VAT for up to 30 people initially going through parts 1, 2 & 3 then £720+VAT per month for one day coaching per month. Individual elements can be added additionally as required. (Prices below)

*Organisations with less than 20 employees are offered 25% off the initial fee.

01

Half-day Positive Psychology Workshop (up to 30 people)

£1000

02

Full day Strengths workshop (up to 30 people)

£2000

03

Nourishment self-study course.

Course is via printed workbook.

£135 per head

04

Ongoing Coaching

One day's coaching per month minimum, additional days can be added as required. Employee's book direct and can be undertaken face to face or via video.

£720 per day

All prices quoted are excluding VAT.