



WORKPLACE WELL-BEING

Work related stress is on the increase, especially with all the current changes with things like staff having to isolate, home working, re-structuring & job uncertainly. All of this can result in staff feeling overwhelmed, anxious, taking time off sick, decreased productivity & a general lack of motivation. Therefore, having a healthy team around you at work is essential for the retention of staff & the success of your organisation

Lynette's Services help individuals & staff teams in Corporate Organisations to reduce workplace stress & increase productivity. We achieve this through delivering face to face or online Workshops, Training, Seminars and Events

BENEFITS TO YOUR ORGANISATION / BUSINESS

Staff Well-being is at the heart of the services delivered. Lynette believes that finding practical tools, strategies, relaxation methods, creativity & calm can help to manage stress, resulting in a more productive workplace

- ✓ Improve staff well-being
- ✓ Raise Mental Health Awareness
- ✓ Help staff to manage workload stress
- ✓ Learn practical stress reduction solutions
- ✓ Help staff & volunteers feel valued
- ✓ Reduce sickness
- ✓ Support services to de-stress & cope
- ✓ Help the team to bond

LYNETTE'S EXPERIENCE

Lynette Fryer who runs the sessions is a Qualified Holistic & Creative Therapist & Healer, with 20 years of experience of working within Mental Health, Stress Management & Emotional Well-being

LYNETTE'S CLIENTS

The Workshops, Training, Events & Seminars are suitable for large or small Corporate Organisations. Lynette works with Executives, Managers, Supervisors, Co-Ordinators, Team Leaders, Customer Facing Staff & Volunteers

TALKS, TRAINING, SEMINARS, PROGRAMMES, ONLINE SESSIONS

Lynette will deliver Unique Holistic, Relaxation, Creative Groups, Workshops, Programmes & Talks which can include...

Staff Motivation
Mindfulness

Massage
Creativity

Stress Management Tips
Anxiety Awareness

Meditation
Relaxation Techniques
Holistic Therapy
Yoga
Body Scanning

Healing
Arts & Crafts
Play Therapy
Colour Work
Emotional Freedom Technique

Coping Techniques
Positive Thinking
Confidence Building
Breathing Techniques
FUN!!

AIM OF SESSIONS

The aim is to support everyone in your Organisation, bringing them together and supporting their stress levels, emotional and mental health and well-being needs. Having to cope with increased workloads, deadlines, targets and overwhelm can impact staff mental health and emotional well-being. All of this can result in things like stress, emotional upset, behaviour changes, absence from work, poor performance, disengagement, no concentration, fear of failure or lack of confidence. We will provide them with self help tools and coping strategies to manage their stress levels more effectively.

OBJECTIVES

This will be achieved by delivering Seminars, Training, Workshops, Sessions, Programmes or 1-2-1 Support. It will be delivered by Lynette Fryer at a location suitable to your needs.

OUTCOMES

The outcome of the sessions will create a calm, relaxed and therapeutic space, which improves overall mental well-being, builds resilience, promotes creativity, self-expression, motivation, lessens stress levels, helps people learn from each other, improves concentration, productivity and imagination, which builds confidence, team interaction skills and self-esteem.

DELIVERY STRUCTURES

Lynette will work with you & your Organisation to suit your needs & can be flexible, here is a guideline...

- ✓ 1 Hour Seminars / Workshops
- ✓ 2 Hour Seminar / Workshops
- ✓ Bespoke Sessions Targeting specific issues such as (mindfulness, confidence, anxiety)
- ✓ Regular Weekly Programmes
- ✓ Half Day – Training / Staff Well-Being Workshops
- ✓ Full Day - Training / Staff Well-Being Workshops
- ✓ 'Me Time' 1-2-1 Pamper Sessions for Staff & Clients (Includes Massage, Relaxation, Healing)

Cost:

- ✓ FREE Initial Consultation
- ✓ Costs can depend on venue, staff numbers, specific requirements
- ✓ Full Costs & Quotes will be given
- ✓ Estimated at £100 Per Hour
- ✓ Terms & Conditions Apply
- ✓ Prices are Subject to change
- ✓ Invoices to be paid within 30 days
- ✓ Relaxation CD's available at £6 each

Call: 07976139681

E-mail: contact@lynettefryer.co.uk

Website: <https://www.lynettefryer.co.uk/wellbeingservices>

Thank you, Lynette will look forward to hearing back from you soon