



Health and Wellbeing Programmes

The Office for National Statistics figures show that in 2018, an astonishing 141 million working days were lost due to employee sickness. This statistic paints a bleak picture in which everyone loses.

However, an organisation which respects and promotes healthy working environments, practices and relationships not only supports the health and wellbeing of its people, but also improves the productivity, profitability and potential of the organisation itself. At LPD Associates, we offer development programmes that help you to minimise staff absence and build a happier, healthier workforce.

1 Managing Everyday Stress

The way we react to and handle different stressors in our lives is influenced by many factors, such as our previous experiences, workload, time constraints, those with whom we interact – and crucially, our personality. There are close and significant connections between stress and personality. By gaining an awareness of these connections, we can put our new insights to work, allowing our personality strengths to reduce our stress levels instead of feeding them.

This interactive, fun and impactful workshop will help delegates to:

- understand connections between stress and personality
 - identify signs of stress, what helps, what makes it worse and how to reduce it
 - use strategies to help manage stress and become more resilient
 - know how to reduce stress and support others.
-

2 Developing Resilience

Resilience is the capacity to cope despite setbacks or obstacles. It's a positive mindset which allows an individual to focus on their own wellbeing and recover quickly in the face of challenge or crisis. We all can develop personal resilience and this workshop aims to help delegates tap into the skills they need.

By the end of this powerful workshop, delegates will be able to:

- understand the importance of personal resilience and a positive focus at work
- develop a more optimistic approach to their work
- overcome negative thinking
- use effective tools to build their personal resilience.

Delivery designed around you

Our delivery style is fun, interactive and dynamic: we believe that everyone learns more efficiently when they're enjoying themselves! By developing delegates' knowledge and understanding and providing tools

and strategies for transferring their learning to the workplace, our workshops quickly increase your people's effectiveness.

Programmes can be tailored to your exact needs and delivered as full- or half-day workshops or as separate modules, depending on the outcomes you want to achieve. We also offer follow-up coaching for individuals and teams. It's our mission to give excellent returns on your training investment with real value for money and flexible, friendly delivery.

To discuss in more detail how we can help you improve health, wellbeing and productivity in your organisation, Contact Lisa or Adrian at LPD.

Call: 07802 791649

Email: office@lpda.co.uk

www.lpda.co.uk



Learn / Perform / Develop