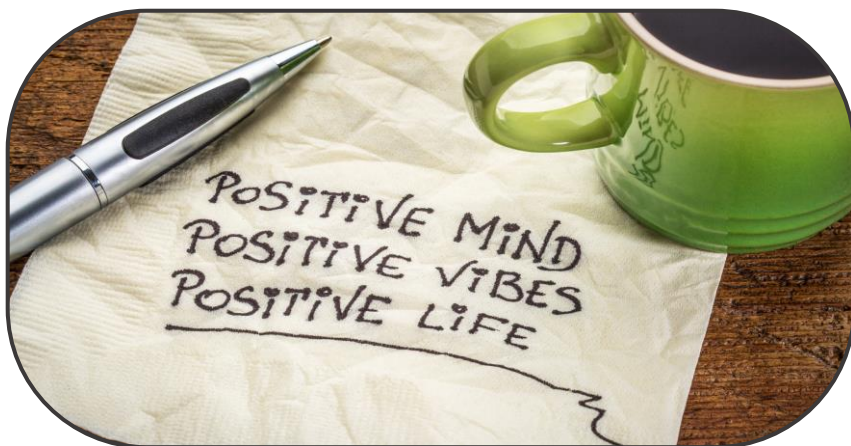


Positive & Productive Wellbeing Programme

Business & VCSE Orgs



Commencing January 2021

About this programme:

The aim of the programme is to equip you and your teams with the knowledge, tools and confidence to improve wellbeing in your business or organisation. The programme will help reduce stress, build personal resilience, improve time management and find that ever-evasive work-life balance. We'll also help you build a more positive mindset to overcome whatever challenges come your way.

We understand how under-pressure everyone is, so have designed this course to be flexible and light on 'homework' and written assignments. Instead, we will use a blended learning approach of short, recorded and live online training sessions, live Q&A's, downloadable resources and an online community to give you the information, resources and support you need, when you need it.

This will all be easily accessible via our dedicated online training platform. Each participant will have a unique log in name and password to access their dashboard and course materials at any time.

Our NEW Beta Programme

This is a beta programme incorporating all the elements of our existing popular Time Management/Work-Life Balance, Managing Stress/Building Personal Resilience workshops and much more.

We will be launching the full online programme by Autumn 2021, but would like to gain feedback on this before we do so.

As a result we are offering this abridged version now, at a significantly reduced cost to you and your teams.

Beta Programme to commence early 2021.

What's in the programme?

Topics will include:

- Effective Time Management
- Achieving a positive work-life balance
- Managing stress and building personal resilience
- Developing a positive, growth mindset
- Building personal confidence

What's included?

12-week programme of:

- Recorded online video training sessions
- Accompanying downloadable workbooks and resources
- Live Q&A sessions on a variety of subjects
- Online community discussion/chat for ongoing peer support
- Access to sessions on demand via personal dashboard on online training platform

Who is this for?

- Business Owners
- New, existing and aspiring managers
- Front-line staff
- Staff working at any level who wish to improve their effectiveness and resilience
- Volunteers

What does it cost?

- This beta programme is provided at a significantly reduced cost
- Initial cost is £49 per person
- Contact us for a no-obligation quote if you have several staff as we can offer significant discounts for block bookings

How do I apply, or find out more?

As this is a beta programme, entry is via application only

To apply, or for a no-obligation chat contact Karen Amos via email or phone



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*Karen Amos
Lead Coach & Founder of BrightBird
Coaching & Training*

