

## CORPORATE WORKHOPS

Recent Deloitte's research shows an ROI of 4.2% to businesses investing in the reduction of poor mental health of their staff.

**Figure 3: Poor mental health costs employers between £33 billion and £42 billion a year<sup>25</sup>.**

This is made up of:



**This amounts to a cost per employee of between £1,205 and £1,560 per year. This cost is for all employees, not just those who are ill.**

By investing in Mental Health Programs organizations create a sense of loyalty amongst the employees & also initiates a holistic culture of Mental Health Importance within the organization.

These workshops enhance Emotional & Social Skills, Mindsets, Time Management Skills & Stress management techniques also it positively influences the team's thought processes .

## Design & Program Content

- ✚ Emotional Intelligence - What's the Big fuss over EQ?
- ✚ Fixed Mindset VS Growth Mindset- Tricks that make you smarter than you are!

✚ Stress Management - Magic Mantras to Beat Stress

✚ Work Life Balance or Work Life Integration?

✚ The Science Of Happiness (Finding Your Mojo)

✚ Resolutions & Goal Setting

✚ Vision Board Making

✚ You don't manage Time, you manage Tasks!

## **Learning with Engagement**

Idea is to bring in the creativity in learning, we cover each topic with fun based activities, role plays, group discussions, Relatable You tube videos & Ted Talks. Talks / Workshop will be experiential and kinesthetic.

Book us for a workshop, contact us....