

There is a compelling case for employers to act decisively to improve the health and wellbeing of the working-age population.

A new approach is critically important to secure economic growth and prevent short-term illness progressing to long-term sickness absence.”

Dame Carol Black's Review of the health of Britain's Working Age Population, 2008

**THIS PROGRAMME IS DESIGNED TO
SUPPORT WIDER ACTIVITY ON EMPLOYEE
HEALTH AND WELLBEING**



1 in 4 people will suffer from a mental health issue this year.

(Mental Health Foundation, 2011)

The Health & Wellbeing Coaching Programme takes a holistic approach to all aspects of health and wellbeing and is delivered by qualified Wellbeing Coach, Life Coach, NLP Practitioner and Health & Wellbeing expert, Tania Le Marinel



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Health & Wellbeing Coaching Programme



**WORKSHOPS
AND
COACHING
SUPPORT**



KEEPING YOUR STAFF HEALTHY KEEPS THEM AT WORK

The new Health & Wellbeing Coaching Programme is designed to support wider activity on employee health and wellbeing. The Programme takes a holistic approach to Wellbeing and focuses on the following areas:

- Emotional and physical health
- Career and work/life balance
- Family and friends
- Personal and professional relationships
- Financial wellbeing
- Leisure and interests
- Community and contribution
- Confidence and emotional resilience

The Health & Wellbeing Coaching Programme is designed to build confidence and improve personal resilience leading to improved results for both employer and employee.



GOOD HEALTH = GOOD BUSINESS

HEALTH & WELLBEING WORKSHOPS

1. Introduction to Wellbeing

For those new to the concept of wellbeing. Includes awareness-raising, benefits of wellbeing, introduction to the Wellbeing Journey and 5-a-day for Health & Happiness

2. Developing Personal Wellbeing

Introduction to Wellbeing Circle, ways to improve personal wellbeing with focus on building self-awareness and ways to develop emotional resilience

3. Planning for Wellbeing

Developing a personal wellbeing action plan including 25 ways to reduce stress, personal goal-setting and health support available

4. Managing Wellbeing

The role of the Manager in building a wellbeing culture, managing change using the Change Curve, building rapport, managing difficult discussions and how to effectively support staff

5. Leading Wellbeing

Strategic approach to wellbeing, building the business case, corporate social responsibility, action planning, best practice examples, useful organisations and links

Practical activities are included in all workshops to raise awareness and help manage and improve personal wellbeing.

COACHING SUPPORT PROGRAMME

Wellbeing Coaching uses intuitive questioning and a range of coaching techniques to help individuals identify what they want to achieve in both their professional and personal lives.

The Coaching Support Programme includes:

- ◆ Coaching questionnaire
- ◆ Six 1.5-hour face-to-face personalised coaching sessions held over three months at a location agreed with the employer/employee
- ◆ Range of coaching activities (including homework to be completed between sessions)
- ◆ Tools and techniques to assist with personal action planning



Coaching is about achieving RESULTS as well as providing personalised support to each individual.

Upon completion of the Coaching Support Programme, individuals will have:

- ◆ Increased self-knowledge
- ◆ Improved problem-solving skills
- ◆ Higher levels of emotional resilience
- ◆ Decreased stress levels
- ◆ Happier personal and professional lives