

# Wellbeing at Work

**Wellbeing at Work** is an interactive workshop created to give teams the opportunity to discuss and explore concepts around wellbeing, resilience, work-related stress and burnout. Underpinned by positive psychology (the science of wellbeing), each session combines training, group coaching, discussion and individual reflection. Can be tailored for leadership teams or run as a whole-team session. Runs in a half-day or full-day format, either in-person or online.

## Example Wellbeing at Work content

*(Actual content will be adapted for your specific organisational needs)*

- Exploring the key concepts: wellbeing, resilience, mental health, work-related stress and burnout
- An evidence-based model for proactive wellbeing at work, with a simple diagnostic and actionable steps at team and individual level
- Identifying key stressors, and how they might be managed or reduced
- Building and maintaining resilience in practice
- Role of leaders and managers in supporting wellbeing, and the challenges and opportunities this presents
- Building a culture of wellbeing and resilience, whilst also enabling performance and productivity

## Typical Wellbeing at Work outcomes

- Increased understanding of wellbeing, and how this is impacted (both positively and negatively) by work
- Feel equipped and confident talking about wellbeing-related issues with colleagues and team-members
- Feel motivated and empowered to take actionable steps to improve individual and team wellbeing
- Co-design of a team wellbeing and resilience plan, with prioritised next steps



*“Thank you so much again for a great wellbeing workshop yesterday. The leadership team had some really good takeaways and it’s already kickstarted a series of important actions and improvements.”*

*“It was such a fab and valuable session, Jess. The discussions we had will stick with me for a long time and remind me why considering the wellbeing of my team alongside my own is so very important.”*

Jess has over 15 years’ experience of leading large teams and complex organisational change across the Civil Service, education and private sectors. She is a professional leadership coach, accredited by the International Coaching Federation, with significant experience in 1:1 and group coaching, and training and development. Jess also has a MSc in Applied Positive Psychology (the science of wellbeing).

To design your session, connect with Jess via:

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Or for more information, see:

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