

Stay Well at Home

Stay healthy, stay connected, stay productive

This Espresso Pathway has been specifically curated to support you at this very challenging time.

Comprised of three impactful and topical 90-minute Espresso modules, the Pathway is facilitated virtually by our experts and designed to make a positive difference, in a short time.

Stay Well At Home is an Espresso Pathway that explores the challenges we are all currently facing and how you can develop ways of working that will you to stay healthy, connected and productive.

The Expressos that feature in this Pathway are:

- Thriving in an uncertain world
- Being resilient
- Staying connected virtually

The way we work has changed – very dramatically and rapidly - and many of us are now grappling with how to maintain our own wellbeing, support our colleagues and contribute as much as we can to our business against a backdrop of constant change, uncertainty and even fear.

Build your resilience toolkit with easy-to-apply at home techniques that you can use in the moment to reduce the impact of pressure and anxiety.

Discover ways to embrace uncertainty and ambiguity, and to focus on the opportunities and things you can control.

Explore how to stay connected and productive whilst working remotely or at home.

The Small Print

This Espresso Pathway is delivered remotely using an interactive platform and sessions can be scheduled to suit your needs. Each Espresso can accommodate up to 20 people.

The Learning Outcomes

Apply strategies to stay healthy and mentally “well”

Be productive and identify better ways of working

Feel confident and connected as part of a virtual team

Feel more comfortable dealing with ambiguity and uncertainty

Navigate the process of change and the emotional response it can provoke in yourself and others

Focus your energies on the things that you can impact and see opportunities

Improved daily performance through sustained health and wellbeing

Control your reactions and make better choices under pressure

Feel more energised

Support your colleagues remotely

For more information please contact us – we'd love to talk to you.

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