

What to expect from a Wellbeing Check-In workshop

- An engaging 60-minute workshop that has a direct positive impact on people's resilience and wellbeing
- An introduction to the PERMA model of wellbeing and a pulse check of the 5 pillars
- An opportunity for people to connect with colleagues across the department in safe, positive virtual environment
- Breakout room discussions in groups of 6-8 followed by takeaway actions
- Pre-reading and follow up resources to enhance and develop learning



FAQ

How many people can attend a Wellbeing Check-In?
The workshop is available for up to 500 people

Is it a standalone module?

Yes, the module is designed to stand alone. However, for maximum impact it can be followed up with workshops specifically designed for team development, leadership development, or more targeted wellbeing interventions for all people.

What platform does the session use?

The standard session uses Zoom, but we can also use MS Teams and other platforms as preferred.

How do you create psychological safety?

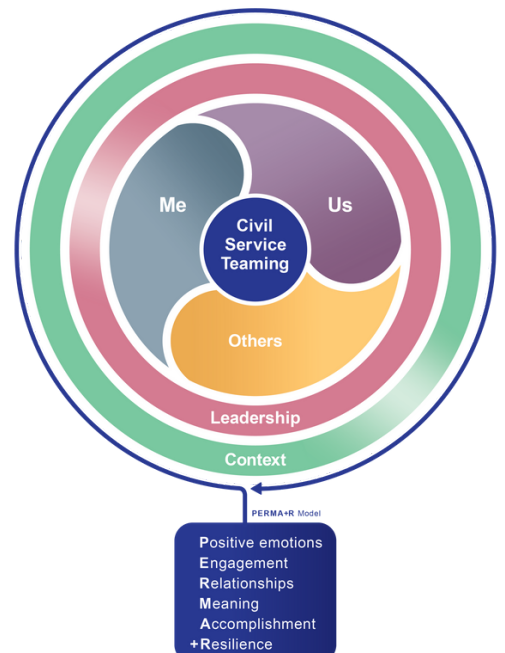
We use positive framing, ground rules and energiser activities to create an atmosphere that encourages people to be open to having these conversations. Breakout groups conversations have a clear question set to guide discussions and people have the option to observe if they prefer not to join the breakouts.

When is a session useful?

- When a safe platform is needed for people to learn how to build their resilience and wellbeing
- To strengthen positive human connections when people are working remotely for extended periods of time
- When data is desired to inform the development of wellbeing and resilience strategies

What is the evidence behind this session?

All workshops are underpinned by positive psychology. This is the scientific study of the strengths that enable individuals, teams and organisations to thrive.



For more information:

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"It was good to have that connection which I haven't experienced in any other meeting."

"I think it was a brilliant session. Thank you very much wish, I we had these sessions once a week."

"Thank you so much for bringing us all together."

"Great interactive session. Really enjoyed the breakout room chat where I was initially nervous but felt good after."

"good to consider these things that we don't always think about but that are important."

"I was a bit worried about joining the session but I have found it really useful. Talking to others who are in a similar situation."

"I feel more positive. It reinforced aspects that am already doing and given me some good tips to try out."

"It's been great to chat with people from other offices."

"Thank you for this very informative and empowering session."

"Thank you. Started the day a bit negative but feeling uplifted."

"something I knew nothing about and is very interesting concepts that can be applied to everyday life."

"It's been a great positive session and it was great to catch up with colleagues."