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Online Wellbeing Training

This is a volatile and dynamic time for many organisations and their employees. Now, more than ever, organisations are acknowledging the link between productivity and employee wellbeing and are prioritising workplace wellbeing.

By showing a commitment to wellbeing, organisations are gaining commitment and loyalty from dispersed team members as well as improving essential skills needed for productive and focused employees.

PDP's BounceBack 21 programme has been developed to explore some of the issues we have found arising in dispersed teams which include: burn out, lack of connectivity, loss of office community and meaningful communication.

BounceBack 21 is designed to move people forward in terms of positivity, action and productivity.

Session 1: Reflecting and Connecting

- Connect team members in a fun and interactive way
- Check out where participants are at in terms of wellbeing
- Encourage positivity towards the future through communication, collaboration and problem-solving activities

Session 2: BouncingBack

- Explore links & patterns in our thinking that lead to negative self-beliefs and unhelpful behaviours
- Practice building a more resilient thought process that challenges the negative and creates the positive
- Transform this new thinking into productive behaviours

The BounceBack21 programme is delivered across 2 sessions, each lasting 75 minutes. Workshops have a maximum of 10 participants and include supporting wrap around documents to aid personal development after the course. The cost for the BounceBack21 programme is £500 + Vat per group of 10 people. T&C's apply.



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