

FACT3™

The Academy.



Wellness for Employees

Course Details

TRAIN, RETAIN AND DEVELOP | PEOPLE TRAINING DEDICATED TO SMEs

COURSE OVERVIEW

Our course has been designed to support Employees with an insight into Wellness, Mental Health and Stress and how they can make improvements to support themselves and others.

BUSINESS BENEFIT

Providing your Employees with a better insight and more confidence into Mental Health and Stress and their own Wellness. In return seeing a natural reduction in employee turnover, absenteeism and general health in their employees.

EMPLOYEE BENEFIT

Clearer understanding of their role and responsibility and how to seek help and support from Managers and others.

COURSE CONTENT

- What is Wellness?
- The 8 Dimensions to Wellness
- Employer vs Employee influence
- Boosting your Wellness
- Mental Health awareness
- Personal and workplace triggers
- Pressure vs Stress and the performance curve
- Tell-tale signs of stress and how these can be reduced
- How to seek help

FORMAT, PRICE & BOOKING

DATES

TBC - Online / In Person

COURSE FORMAT

Online - 1 x 1/2 day session

- Live interactive training facilitated by a Fact3 Academy trainer via Zoom.
- Break out rooms and interactive exercises to bring Learning to Life.
- Small groups up to 10 delegates.

In Person - 1/2 day course

- Training can be delivered at your premises or off-site at our unique training suite.

PRICE

Per Person:
£75 + VAT

20% Group discount for 5 or more people

Book now