

The Colour Works

‘Wellbeing in the Workplace’ Masterclass

‘It’s not all in your head’

The Issue...

25.9 Million

working days are lost
due to work-related
illnesses.

45%

of working days lost are
caused by stress,
depression and anxiety.

30-66%

of employees will go
into work while unwell.

It’s an increasing problem and costing organisations millions across the globe.

Equipping your people with the preventative tools to understand and deal with workplace pressure is even more essential now than ever before.

In this interactive, introductory masterclass, we shall examine, understand and action-plan theories such as Resilience and Mindfulness through the lens of Insights Discovery, a world-class personality model that helps individuals effortlessly relate to the differences that exist in human beings

By attending this masterclass, delegates will walk away with:

- A better understanding of themselves
- An insight into others – especially their ‘difficult person’
- The knowledge to manage stress better
- Some practical tools to use in the workplace
- The motivation to invest time in their own wellbeing



Example session plan:

Session one – Stress, understanding what it is

Session two – Resilience, the four dimensions

Session three – Being brilliant every day, a scientific demonstration of our physiology at play

Session four – Coherence and Mindfulness, tools to use back in the workplace