

Bounce for Business

A fresh approach for employers and employees to get to grips with well-being in the workplace.



Overview

If you are looking for an innovative, cost effective way of providing a well-being support structure within your organisation then Bounce for Business is just what you need. We offer a fresh approach to workplace well-being: Bounce for Business is solutions-focused with the emphasis on taking individual ownership of your own well-being. Our workshop touches on acknowledging the obstacles which can impinge on our well-being, but focuses on identifying practical ways of overcoming them and planning for a healthier and happier future.

For organisations going through challenging times such as restructuring or a period of change, Bounce for Business workshops can provide the skills and resilience your employees need to see them through the process.

By looking at ways in which to deal with stress more effectively and building personal resilience by managing one's well-being, Bounce for Business can play a vital role in your change management strategy. We will work closely with you to ensure the workshop content provides your staff with the exact support and skills development they require.

Key Outcomes

- Understand what well-being is and what it means to your staff members personally
- Develop a personalised plan to use in their personal and professional lives going forward
- Develop team working skills
- Identify ways in which to deal with stress more effectively
- Understand how their employers can offer assistance in improving their well-being

Course Outline

- Develop a personal plan towards achieving a chosen goal aimed at improving well-being
- Understand what the employer can do to assist in improving well-being
- Examine strategies for dealing with stress more effectively
- Develop team working skills to strengthen relationships within teams

enableeast
making improvements actually happen

Bounce for Business Plus is equipped to provide team and organisational development opportunities. Incorporating sessions such as Mindfulness, Emotional Intelligence and Communications Skills, Plus workshops can help your staff develop inter-personal and professional skills through interactive sessions that perfectly match the content of your workshop.

Our business has to meet exacting standards from a range of external accreditors. Bounce for Business has enabled us to engage with our workforce about well-being at an individual, team and company level and has made a significant contribution towards achieving these objectives.

Multi-national Company Director

Bounce for Business can offer you real solutions to some of your business' key priorities:

- ✓ Improved employee engagement
- ✓ Increased staff retention
- ✓ A more effective workforce



Key Points

- Two hour workshop with option to extend with Bounce for Business Plus activities
- Contact Enable East on 01206 287543 or email enableeast@enableeast.org.uk