

The Circus of Life Workshop for Business

Overview



The pandemic had a profound impact on the mental health of us all. The cost of mental health related illness has risen to a record high of £56 billion per annum making staff wellbeing the highest priority.

With employers seeing a return of £5.30 on average for every £1 invested in staff

mental health, the economic argument for putting staff wellbeing at the heart of business is clear. *(Deloitte 2022)*

Our Circus of Life one-day workshop looks at all the demands being placed on today's workforce. It begins by looking at what stress is and how it can lead to physical and mental health issues.

After looking in more detail at the different types of mental health difficulties and how to spot them (based on advice published by MHFA England), it then goes one step further, showing employees how to find balance, look after themselves, become resilient and take control of their future – both personally and professionally.

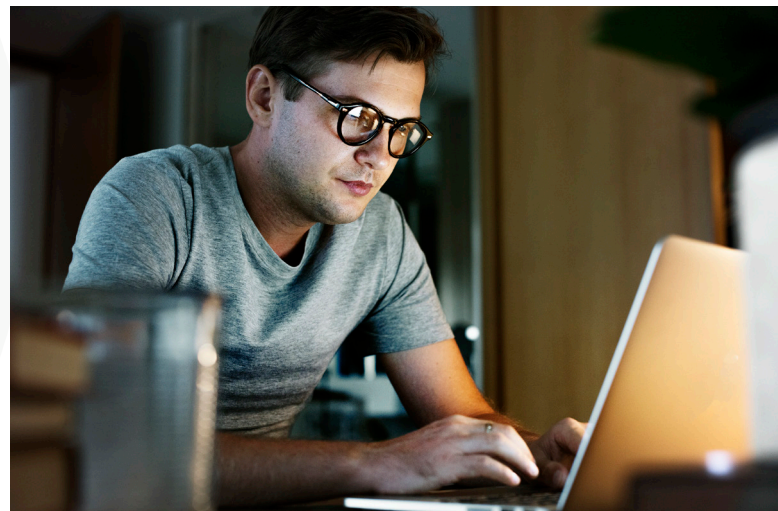
Description

Navigating the business world is a little like learning to be a circus performer; we need to juggle a few balls, balance many demands, walk the tightrope, let go and trust that others will be there to catch us, clown around a little and feel the thrills.

This workshop is designed to help everyone in the workplace to better understand and become resilient to life's pressures, showing them how to spot and deal with the danger areas in their own lives whilst looking forward in a positive and inspiring way.

Benefits

- Delegates will have an increased understanding of mental health issues and how to spot them in themselves and in others
- Delegates gain a clear understanding of what stress is and are shown how to take a proactive approach to reducing the stress in their lives – leading to improved wellbeing and the reduction of stress-induced illness
- Delegates learn to challenge unhelpful habitual thought patterns
- Delegates identify the stress points in their life and commit to making the necessary changes to help them become more productive in the workplace
- Delegates examine the balance in their lives, identify the weak area(s) and commit themselves to making positive changes
- Delegates are encouraged to develop a growth mindset focusing on their desired outcomes
- Reusable tools are provided ensuring sustainability of the training programme



Content

The Circus of Life will remove the stigma and lack of knowledge and understanding that surrounds stress and mental health issues.

The first part of the workshop focusses on understanding what stress actually is (medically) and how it is linked to both physical and mental illness. It also looks at the signs and symptoms for all 6 mental health illnesses allowing staff to spot the signs early – in themselves and in others.

It's all very well having this knowledge but, if we want to stay well, we need to be proactive in the management of our stress and wellbeing and that is what part 2 of the workshop is designed to do.

It looks at three key areas of resilience, growth and wellbeing – identifying and tackling stress points, balance, destructive thought patterns and internal chatter. It also looks at how we can develop a growth mindset and teaches proactive (and reactive) approaches to wellbeing.

Aims

- Full understanding of stress and how it can lead to mental health issues
- An understanding of the 6 mental health illnesses (based on advice published by MHFA England)
- Lower stress levels and increased resilience in the workplace
- A proactive approach to reducing stress and maintaining positive wellbeing

Results

- A greater understanding of mental health issues and how these can be related to stress
- The ability to spot the early warning signs in themselves and in others
- Raised confidence in talking about stress and mental health issues
- A proactive approach to reducing stress and managing their own wellbeing

FACTS & STATS

- Around 17million working days were lost in the UK to sick leave caused by mental health in 2022; (HSE 2022)
- There has been a 25% increase in the cost of poor mental health to businesses since 2019
- 61% of employees who leave are citing poor mental health as the main reason
 - Recruitment costs have risen substantially
 - Presenteeism costs (historically more than twice the cost of absenteeism) have risen substantially and are further complicated by remote and hybrid working



Delivery Options

FACE TO FACE or VIRTUAL

The Circus of Life is normally a one-day workshop for all staff running from 09:30 – 16:00. However, shorter versions are available.

Please ask for more information.

ONLINE LEARNING

The Circus of Life workshop is also available online