



RESILIENT ME FACTSHEET

Building Resilience, Growth and Focus

Overview

The pandemic has 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 flagship Circus of Life workshop looks at all the demands being placed on today's workforce. This workshop is a half-day version of the Circus of Life which begins by looking at what stress is and how it can lead to physical and mental health issues. It then goes on to show employees how to find balance, look after themselves, become resilient and take control of their future – both personally and professionally.

Description

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 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.

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.

Continued overleaf

Aims

- Full understanding of stress and how it can lead to mental health issues
- Lower stress levels and increased resilience in the workplace
- A proactive approach to reducing stress and maintaining positive wellbeing

Facts & Stats

1. Around 17million working days were lost in the UK to sick leave caused by mental health in 2022; (HSE 2022)
2. There has been a 25% increase in the cost of poor mental health to businesses since 2019
3. 61% of employees who leave are citing poor mental health as the main reason
4. Recruitment costs have risen substantially
5. Presenteeism costs (historically more than twice the cost of absenteeism) have risen substantially and are further complicate by remote and hybrid working.

Results

- A greater understanding of stress and how this can lead to mental and/or physical health issues
- The ability to spot the early warning signs in themselves and in others
- A proactive approach to reducing stress and managing their own wellbeing



resilientme
STRENGTH THROUGH UNDERSTANDING