Our mission is to help people stress less and smile more.
We do this through interactive and immersive training + experiences that motivate, educate and energise individuals to take personal responsibility for their wellbeing, knowing that this is intrinsically linked to performance (and happiness!).
More than ever in these uncertain times we need to find ways to support the wellbeing of the people around us - and help keep them connected and resilient.

We have developed a series of Wellbeing Webinars which create an opportunity for your teams to come together, connect and learn new theories, techniques and practical tools that will positively impact their individual sense of wellbeing - (and that of those around them).
Wellbeing Webinars - 45-60 minutes

1. Being More Mindful (12 week programme add-on option)
2. Building Resilience
3. Tribe Rules
4. Connect Coaching Session/s
Being More Mindful

Introducing the principles of wellbeing to inspire sustainable behaviour change.

This 45 minute webinar will provide practical and inspiring ideas to help individuals be more mindful when it comes to their wellbeing needs (and those of others around them).

The session covers:

- The science of stress and what happens to us on a physiological level when faced with a stressful situation.
- Powerful strategies to help identify individual areas of personal wellbeing to elevate.
- How to incorporate movement and mindfulness hacks into your day (even when self isolating!) to help maintain balance and positive wellbeing.

Your team will set a tangible wellbeing goal and will leave with greater self-awareness and practical tools that can be taken back into the real and challenging world we find ourselves in.
As an option you may wish to consider a 12 week programme bolt-on to the Being More Mindful webinar to help embed learning and create lasting behaviour change:

This 12 week journey to wellbeing will help you as an employer walk the talk – ensuring wellbeing truly sticks and exists far beyond a tick-box exercise.

The programme starts with our 60 minute webinar where your team will be coached towards a personal wellbeing goal. 12 weekly emails will then keep wellbeing front of mind, and coaching webinars throughout the programme provide a further forum to keep your team connected and inspire each other to work towards their goal(s).
Building Resilience

In this webinar your team will learn how to build resilience in order to better cope with the pressures of life that we face.

This session reveals how in order to succeed to our highest potential, we must inevitably - at times - fall down. This is a session focused on bouncing back even stronger.

The session covers:

- The theory of resilience.
- Re-framing to move onwards quickly and effectively.
- Practical tools + techniques to help build resilience on a day-to-day basis.

Your team will leave with a renewed understanding of the art + science of resilience alongside practical tools to help navigate the challenges of life that we are facing.
Tribe Rules

In this webinar we will reveal the key ingredients of high performing teams and individuals.

This session covers what it is to be human, and how being connected to a tribe or community is critical to our health and wellbeing - especially at this point in our history. We explore how our workplace community plays a crucial role in supporting our sense of belonging, and in turn our performance.

The session covers:

- How being a part of a tribe is innate for human beings.
- Key ingredients of high performing teams.
- Tools and techniques to help people work more effectively as individuals and as teams during remote working and beyond.

Your team will leave with a greater appreciation of each other and the value of supporting each other to achieve personal and company goals.
Connect Coaching Session/s

Connecting to drive empathy between team members has never been more important than it is now.

In this facilitated 45 minute group coaching session/s, team members are encouraged to come together, focus in on their individual wellbeing, share insights and leave with actions, tools and techniques to support individual + collective wellbeing.

We know the strongest, highest performing teams are those who feel safe, are allowed to show vulnerability (with no need to strive for perfection), and who share a common goal / purpose.

The Connect Sesion/s provides the time, space and permission to create open, honest discussions - often leading to critical insights that drive lasting cultural and behavioural change.

Depending on your needs / objectives, we can cater for one-off sessions or an ongoing series.
We would also love to speak with you about creating more tailored workshops / experiences for your team - including mind + body relaxation experiences.

Mind / Body Relaxation Experiences

Mindfulness is proven to reduce stress, depression and anxiety as well as enhance performance, concentration and other cognitive functions,

We have a selection of mind + body relaxation experiences that are suitable for any group size and any time duration from 15 - 45 minutes.
Some of the companies we work with...
Looking for ways to connect your people and build resilience in these challenging times?
We’d love to help...
Thank you!

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