How to Hybrid Well(being) Series

Retooling (investing in) your people during this time of change and opportunity, through mindset and/or manager training.
The pandemic has been a live experiment for remote working (for those “knowledge” businesses whose people can work remotely). And as we navigate out of the pandemic, the hybrid working movement seems to be gathering momentum, with some organisations committing publicly to a hybrid flexible future, in direct response to the desires of their employees.

But the question on every business leader’s lips is how to hybrid well (if it is the route that is decided upon for your business). And how to find the sweet spot that meets the needs of your people, while also addressing the needs of your organisation. This disruption presents an opportunity - not for a new normal, no, let’s strive for a new extraordinary.

So, we have created a How to Hybrid Well(being) Series, which aims to address some of the biggest concerns that face organisations when it comes to working remotely. This series of mindset and/or manager training is an investment in your people - retooling them - and ensuring your people and organisation are “future fit” - balanced, healthy and productive. A healthy workforce = A healthy organisation.
The concerns (and opportunities) posed by a hybrid working model...

For companies, how to:

- collaborate and innovate remotely
- continue to attract, onboard and retain the best talent
- ensure high employee engagement - motivation and morale
- build trust and empathy when people are not visible to each other
- keep people connected to each other/the organisation when not in the same physical space
- reduce absenteeism and presenteeism from burnout/stress and other mental/physical ill health
- translate a culture that was designed for the physical office environment into one that works for everyone - whether they’re in the office or not

For employees, how to:

- create positive routines and habits
- remain balanced, motivated and productive
- feel “psychologically safe” to do their best work and feel valued
- prevent and manage burnout and other mental/physical ill health
- create boundaries between work and life, especially when working from home
Retool (and invest in) your people, so they are “future fit” for a hybrid future

The following mindset training can be delivered over separate 60 minute sessions (pick and mix based on your needs) for all employees, and/or as half-day (manager) training over a 4 hour facilitated workshop - *How to manage remote teams well(being)*.
Finding Balance and Boundaries
Unpacking wellbeing to prevent burnout and ensure balance between work and life.

Embracing This Time of Change
Taking control to remain motivated and positive as we navigate our way through a major time of change into a new way of working.

Building Resilience
Learning how to build emotional resilience in order to better cope with the day-to-day pressures of life - accepting that failure and suffering is inevitable and the training ground for resilience.

Speaking of Mental Health
Breaking down the stigma surrounding mental health by encouraging a culture where people feel able to talk openly about how they’re feeling without fear of being discriminated against and through the power of empathy and active listening.

Maintaining Mental Health through the 5 Pillars
Managing stress and good mental health through a balance of the five pillars of wellbeing - sleep, nutrition, relaxation/mindfulness, movement and social connection.

Building Healthy Habits
Learning the art and science (a 5 step process) to building and designing healthy habits into life, including how to break bad lockdown habits.

Becoming Less Covid Connected 24/7
Switching off is harder than ever before in the “Covid Connected 24/7” world we’ve been living/working in. How to create an intentional relationship with technology to improve focus and performance.

Connecting Remote Teams
Creating a culture of psychological safety and belonging in a remote world. How to leverage the key ingredients of high performing teams remotely to ensure collaboration and innovation.
Some of the organisations we support:

For testimonials visit point3wellbeing.com/clients
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How can we inspire a mindset movement amongst your people?

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For more about the founders visit point3wellbeing.com/about