



P O I N T 3

INSPIRING A MINDSET MOVEMENT

Testimonials - don't just take our word for it!

# Corporate sector

“

## Employee Testimonials:

*“Extremely informative-great guidance-lots of tips that will help me recognize and respond to mental health issues. Will help me on the job and also in my personal life-THANK YOU.”*

*“Many thanks Sarah and Nicky, really useful session very well executed. Thank you so much for an excellent presentation yesterday. I truly learned so much. Looking forward to continuing training.”*

*“I just wanted to thank you again for the training. It was not only helpful and informative, but also really sensitively handled.”*

*“Excellent training - good balance of information and interaction. Good to deal with a sensitive topic in an open way.”*

*“Very well presented, can be a difficult topic.”*

”



“

MICHAEL BELL

**James Bell, Managing Director, Michael Bell Communications said:**

*It was brilliant... a perfectly planned course that brought my team together once a week to help us all gain a better appreciation on what we can all do to improve our wellbeing physically and emotionally .... the 45 mins sessions were just right and the information bite-sized and well presented to be able to take away and implement into our daily routines. Well done - especially to Sarah again.*

”



“



**Mark Lacey, Senior Vice President, Chief Human Resources Officer  
International – EMEA & Asia Pacific, Northern Trust Financial Services said:**

*It's [Covid-19] brought into sharp focus that people will be working from home for a considerable period of time into the future and it's important we are doing all we can as employers to make sure we are giving employees the tools to look after themselves.*

*I think for us in our organisation we've worked very hard to try and get mental health and wellbeing embedded in our culture and a lot of that is down to help we've received from POINT3.*

”



“



**Samantha Massey, Wellbeing Project Manager,  
Reed Exhibitions (part of RELX Group) said:**

*We originally appointed POINT3 Wellbeing to run a Mental Health Awareness half day training in January 2020. Due to feedback and demand we were delighted to invite the team back multiple times to train additional colleagues throughout the year which entailed the training being delivered in both "live" and "virtual" classrooms. In both environments the training offers an ideal blend of theory, knowledge and practice - and our teams have particularly enjoyed how interactive the sessions are. The Point3 team are always professional, supportive and flexible in anything they deliver for us. I highly recommend this training to anyone within the corporate world who is looking to normalise the conversation around mental health within the workplace.*

”



“



**Samantha Massey, Wellbeing Project Manager,  
Reed Exhibitions (part of RELX Group) said:**

*We engaged POINT3 Wellbeing to support us with our Wellness Week in October 2019. Together we designed a varied programme of talks, workshops and relaxation sessions to appeal to our wide-ranging employees and were really pleased with the internal take-up. The post survey feedback scored the sessions highly and we were pleased to welcome POINT3 back in 2020 to run additional mental health awareness training. Working with POINT3 is an absolute pleasure. The team are so passionate, inspiring, knowledgeable and flexible. I would recommend them as a must-have partner in your wellbeing programme.*

”





“



**Hiten Derodra, Group Management Accountant said:**

*I thought the Building Resilience webinar was very well presented and a lot of useful information was given in a short time. The activities during the webinar kept me engaged throughout and I found the 'Movement & Mindfulness' exercise particularly useful. I have been trying to use the 60 seconds of deep breathing when I feel my concentration levels drop, something I've found to be more frequent since lockdown and working from home. Loved the POINT3 mission to 'help people stress less & smile more!'*

”



“

SAP

**Katerina Galanopoulou, Legal & Compliance Counsel, SAP said:**

*I attended the “ACC Europe: Strategies for Supporting Mental Health Now and Always” webinar. I loved the energy and the openness of Sarah Mayo: she was engaging, captivating and managed to make me feel good during her presentation. Providing a combination of facts and visuals, she helped me digest everything she was saying – without even being in the same room with her! I am looking forward to her next ACC cooperation.*

”



“



**Alexis Goldfarb, Vice President, Senior Diversity, Equity, Inclusion Consultant - EMEA, Northern Trust said:**

*It's been great working with POINT3 on a variety of initiatives, all of which have supported our goal of promoting positive wellbeing amongst our people. The team's energy, knowledge and expertise has enabled our people to further their understanding of wellbeing and takeaway some easy, yet impactful techniques to improve their overall wellbeing.*

”





“



**Laura Stead, Marketing Lead, Amazon said:**

*I appointed POINT3 to lead a Wellbeing Workshop at a recent team off-site to ensure “wellbeing” was elevated as an important focus area within my team.*

*POINT3 created a great workshop experience – mixing theory with interactive elements to help land key messages and teach us practical skills.*

”





“



**Nora Iskandar, HR Director Dairy, Danone said:**

*POINT3 supported our leadership team on a recent away day by delivering a facilitated workshop followed by an energising workout.*

*It was a really helpful, engaging session which continued to impact our mood and discussions long afterwards.*

”





“

**Ashton Ward, Managing Director, Eton Bridge Partners said:**

*In January 2020 we engaged with POINT3 to run an afternoon wellbeing session at Eton Rowing Lake in Dorney. It was the start of a 12 week wellbeing programme for all of our colleagues. It has made a real impact – not just a one off conversation about wellbeing, but POINT3 have helped us to have wellbeing front of mind in all that we do which is making a real difference to our lives. We look forward to continuing our relationship with POINT3. A special thank you to Nicky and Sion who feel like an extended part of our business.*

”



“

|sr  
group

**Chris Maurice, Global Head of Talent Acquisition, SR Group said:**

*Connecting Teams – how coming together as a team can improve your life and success at work. We feel this subject is so key for us at the SR Group as it's crucial that we acknowledge and operate knowing that the strongest, highest performing teams are those who feel (psychologically) safe, are allowed to show vulnerability and who share a common goal / purpose. Creating the right environment to do this is a critical component of business success. A brilliant talk from POINT3 Wellbeing - thanks for coming in.*

”



“

digital shadows\_

**Sophie Burke, HR Business Partner, Digital Shadows said:**

*POINT3 recently supported our Employee Appreciation Day with their STRETCH+CHILL workout. This is the second time POINT3 has supported us, having delivered a workshop here last year. Everyone was buzzing after the workshop, where they picked up practical tools to help them manage their wellbeing better day to day. We look forward to welcoming POINT3 back again very soon.*

”



“

**Susannah Homan, Account Director, Crescendo Brand Events:**



*Since our very first session in December 2018, POINT3 Wellbeing have continued to motivate and inspire us all to be our best selves. Working with POINT3 is a generously-supported work initiative but the skills and strategies apply to life. Their workshops symbiotically combine mindfulness and movement with topical, relevant wellbeing themes that are always well researched, brilliantly delivered and brimming with truly eye opening content. Ultimately, how do we stress less and perform best using tools to optimise performance. Themes are always backed by science (the science of flow, the science of tribes) and tasks that reinforce the message.*

”



“



**Russell Allen, Founder of Crescendo Brand Events said:**

*I found the content (Connecting Teams) absolutely stimulating and bang on where we are right now as a business. For someone who finds it difficult to keep rooted in a meeting room for any length of time I was totally captivated by the graceful way you navigated such stimulating and interactive content. Can't wait for the next 'intervention'! You guys really are the 21st Century version of the medicine men! (or women) Love it!*

”



“

**Katharine Millar, Head of People, Delta Energy & Environment said:**

*POINT3 Wellbeing recently delivered a thought-provoking goal setting workshop which was timed to coincide with our end of year performance reviews. It gave staff the permission to think about their lives beyond work and to set some meaningful goals for the year ahead that would make a difference to their overall sense of wellbeing. We look forward to working with POINT3 again soon.*

”



“



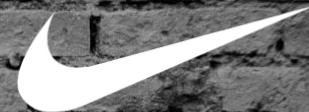
**Lucy Minihan, HR EMEA, Lonely Planet said:**

*POINT3 delivered a really engaging talk to our staff during Mental Health Awareness Week. We took time to self-reflect on our personal wellbeing needs, and learned some practical tools to help manage the effects of day-to-day stress better. Thank you, we'd love to work with POINT3 again!*

”



“



**Matt McKie, Brand Director, Nike UK said:**

*POINT3 delivered a workshop for the Nike Team that enabled us to explore our individual wellbeing needs as well as those of each other. They facilitated a strong, meaningful discussion that for me as a manager led to powerful insights on my team, which has ultimately enabled a positive and lasting cultural change within the group.*

*As such, would highly recommend.*

”



“

sky

**Anna Carnegie, Health & Fitness Manager SKY said:**

*POINT3 has supported Sky with a workshop, workout and work-in. The Mind Massage work-in was part of our Project Wellness series which takes place in the Sky Cinema space once a month. And we hosted the HIIT+CHILL workout in the gym space one lunchtime. Both had rave reviews and we hope to host POINT3 again at Sky Campus soon.*

”



“

sky

**Gary Marston, SKY Creative Agency, Mental Health Rep said:**

*Thanks for coming in and smashing it out of the park, the response has been fantastic and so many people have since come up to me and said it was the highlight of their week!*

*I hope you had lovely weekends to celebrate.*

”



“



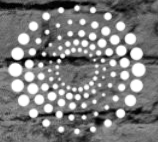
**Holly McCullagh, HR Business Partner, Fitflop said:**

*I attended the Stress Less, Perform Best workshop... it balanced the theory behind 'stress' and some practical tools and techniques to manage stress well. POINT3 created a safe space where everyone contributed ideas and feelings. I think the session would be highly advantageous to people in fast paced roles where they have to be reactive and work at pace.*

”



“



THOMSON REUTERS

**Nina Coelho Antunes, Head of Product & Proposition Marketing,  
Thomson Reuters Legal said:**

*POINT3 Wellbeing supported our Generate Legal Customer Conference through a couple of talks in the Regenerate break-out space. The area was designed to inspire delegates to bring a healthy balance into their work and personal life. POINT3 shared hacks around managing the effects of stress through a better understanding and appreciation of what contributes to our overall sense of wellbeing.*

”



© POINT3 Wellbeing  
All rights reserved



“



**Nicole Markus, Lululemon Store Manager said:**

*The POINT3 Wellbeing team delivered an energetic, inspiring and educational session that provided a greater awareness of each individual's personal wellbeing pillars and some simple tools to cope in a stressful situation. Incredibly valuable takeaways and I can see that the team have adopted many of them already. Come back soon!*

”



“



**Matt Riches, Commercial Director, Tough Mudder said:**

*At the end of another full on event season the Mind Massage was a brilliant way to release built up tension and help the team reset. The Mudder nation is all about experience, accomplishment and fun. Nicky was able to deliver these in spades during the session and she didn't even use mud, ice or electricity!*

”



“



**Lexi Finnigan, Partner & Communications Manager,  
John Lewis & Partners said:**

*What an amazing introduction into wellbeing from the team at  
POINT3. It was a brilliant mix of useful information and practical tips  
to help us help ourselves to be the best we can be.*

*Would highly recommend.*

”



“



**Natalia Phillips, Richmond Borough Mind Charity said:**

*We are extremely thankful to POINT3 for the talk they recently delivered to our carers. The feedback I got from the carers and staff in attendance was very positive. The talk was insightful and as some carers stated, reminded them to look after themselves, while highlighting the importance of both exercise and self-care for overall health and wellbeing.*

”



# Events sector



“

**Russell Allen, Founder of Crescendo Brand Events said:**



*We have worked with POINT3 on multiple occasions over the last few years, so when our pharmaceutical client asked us for a wellbeing speaker and workshop at their annual conference we knew exactly who to turn to. The client was looking to develop and invest in their staff of c. 50. They wanted to dedicate 3 hours of the conference to a wellness-inspired session to fit into their theme of 'One Team'. POINT3 delivered an engaging and interactive session that brought the delegates together to develop greater awareness of the power of ONE team and the key ingredients to a successful team. They had the chance to review and reflect on their personal wellbeing needs and took away some tangible tools to help them be more resilient, engaged and healthy, setting them up for success as high performing individuals and as a team. The client was really pleased with the POINT3 content, saying it was “spot on”.*

”



“



**Neil Crespin, Chairman and Creative Director, MCM Creative Group said:**

*We approached POINT3 to support one of our client's annual leadership conference (HSBC) in early 2020. The brief was to deliver three 45-minute wellbeing workshops to three separate groups of around 100 leaders, over the course of the conference. Their sessions were inspiring and on brief, providing some theory and lots of pointers for the delegates in the areas of resilience and empathy, two core components to the highest performing teams. The sessions dove-tailed nicely with the rest of the conference and the team at MCM hope to work with POINT3 again as soon as we're "meeting" again in 2021 and beyond!*

”



“

**Brands  
at Work****Chris Grabowski, Project Coordinator, Brands at Work said:**

*We worked with POINT3 on the design and delivery of a series of wellness workshops and sessions that formed an integral part of a high profile leadership event for one of our clients (Deloitte). With a background in events, they understand firsthand what's involved in organising an event of this nature. To top it off their sessions were all fully booked by the delegates and the feedback was great from all that attended. Thanks POINT3 for helping make it a wonderful event for the client!*

”



“



Ashfield  
Meetings & Events

**Glyn Davies, Project Director, Ashfield Meetings & Events said:**

*The content and theme of the meeting [which POINT3 Wellbeing supported us on] made the inclusion of wellbeing sessions something we decided on when we pitched for the work. We were asked to build an agenda for two days, so we used the wellbeing sessions as very obvious pauses throughout the conference, where delegates were able to reset and think, and as a thread to hold together the progression of meeting content. [The client] loved the ideas and had a very clear understanding of not only the benefits of the sessions, but also of how they helped to drive the agenda's narrative. We won the job on our creative approach to the brief and the sessions being very much a part of that.*

”



“

**Chris Skeith, CEO of the Association of Event Organisers said:**

*POINT3's talks were interactive and insightful, and left the audiences with some practical tools to use and reference day-to-day when it comes to managing the effects of stress. I particularly enjoyed seeing people laughing and smiling one moment, and calm and still the next, through the movement and mindfulness exercises. The energy in the room changed markedly in the space of 10 minutes, demonstrating the power of these practices for inducing focus or adding a bit of oomph to a meeting.*

”



“



**Julia Phillips, Managing Director, Crescendo Brand Events said:**

*POINT3 hosted a workshop and work-in during a conference for one of our high-profile clients (Google). It was the ideal session to motivate and energise the group, and with wellbeing being very much on the agenda for employers, it is a great way for companies to address this important subject too. The team was very professional and empathetic of our needs and those of the attendees.*

”



“

**Amanda Morris-Steele,  
Managing Director, Just Watch Events said:**



*We advised our client to open their inaugural conference with a wellbeing session from POINT3, although this was different from the usual expectancy of a business update, the delegates had a great start to the day! The session allowed everyone to begin the day with a different mindset, valuable take-aways and an excitement of what else was to come. We also requested a more in-depth workshop session the following day, which was one of our most sought after sessions and gave the attendees the skills they need, to take what they had learnt back to the work environment. From a booking perspective, POINT3 were easy to deal with, quick to respond and happy to crack on without much supervision on the day which was great!*

”



“



INTERNATIONAL  
LIVE EVENTS ASSOCIATION  
UNITED KINGDOM

**Carlo Zoccali, President ILEA UK Chapter said:**

*POINT3 Wellbeing recently supported our Wellbeing Huddle as part of the #EventWell18 initiative week. They hosted two roundtable discussions on wellbeing, covering the subjects of 'Physical & Mental Health' and 'Work-life Balance'. Sarah and Nicky facilitated two lively discussions and feedback post-event has been excellent. There's clearly a passion for this type of content, and the appetite for raising awareness of the subject of mental health and overall wellbeing within the events industry has never been stronger.*

”



© POINT3 Wellbeing  
All rights reserved



“



**Erica Oghoghorie, Content Producer, Haymarket Events said:**

*On behalf of C&IT magazine, I would like to say thank you for speaking at the corporate summit (2019) and hope you found the experience worthwhile.*

*I appreciate the time and effort you put into bringing your session to life.*

”



“

mash

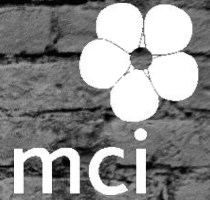
**Vicky Gill, Account Executive, Mash Staffing said:**

*As part of our staff training programme (Samsung) we tasked POINT3 to create a wellbeing experience aimed at relaxing and re-energising the team; helping them cope with the long-term demands and stresses of their job. The staff loved the experience and we hope to have the POINT3 team back for future impactful sessions.*

”



“



**Sandra Way, HR Director, MCI Group said:**

*POINT3 hosted a workshop to help our people understand the importance of setting dreams in the context of personal fulfilment and wellbeing, and they provided some useful tools for people to think about and apply when working towards these dreams. They also hosted a mindfulness session which was new to most of us, and the sense of calm afterwards was palpable. Feedback from around the business has been very positive.*

”



“



**Frank Wainwright, Founder of the FMBE Awards said:**

*We asked POINT3 Wellbeing to help us to present at our Wellbeing breakfast to a room of sales and marketing professionals. They created a presentation that was relevant, appropriately on point, engaging and gently interactive - and which left our guests feeling engaged with the wellbeing topic and feeling better equipped to succeed with their work-life balance.*

”





“



**Andy Orr, Client Services Director, TRO said:**

*POINT3 provided an exciting creative solution to help us respond to, and win, our client proposal. They then delivered some expertly crafted training modules for our field team to deliver. Awesome working with POINT3, needless to say a safe pair of hands with their experience and knowledge of the events world.*

”





“



**Kirsty Finding, Talent Manager, TRO said:**

*Thank you POINT3 Wellbeing for a valuable session. We gained some great insights into managing our individual wellbeing needs and really enjoyed the luxury of some instant time out from the mindfulness session.*

”





“

**Sarah Yeats, Managing Director, Sledge said:**

*We recently had the team from POINT3 Wellbeing come in to see us. With the busy and sometimes intense workload we have within events you need to remember that personal focus is massively important to gain balance.*

*Great insight into mindfulness and how to translate it into your day-to-day life. And we're ready to do the 11 minute HIIT+CHILL challenges when on site at events!*

”



# Education sector



“

**Daniel Woodason, Course Leader - Event Management with Experiential Marketing, Sheffield Hallam University said:**

*THANK YOU again for your visit to Sheffield Hallam University for an inspiring talk to our hard working final years and future #event profs! I still get mentions from students about how much they enjoyed it, so all good.*

”



“

EWELL CASTLE  
SCHOOL**Sian Bradshaw, Head of Preparatory School, Ewell Castle said:**

*I reached out to POINT3 off the back of a recommendation from another school, to support us with some CPD for our IAPS (Independent Association of Prep Schools) group of Headteachers in Surrey. They came to one of our meetings and spoke about how to find balance in life to cope with the pressures of being a headteacher. It was a very successful evening and we enjoyed their presentation very much. I would definitely have them back again!*

”



“



STAINES PREPARATORY SCHOOL

**Samantha Sawyer,  
Headmistress Staines Preparatory School said:**

*POINT3 provided some valuable training for our staff as part of our INSET training day. The training gave staff the opportunity to self-reflect and learn practical ways to bring greater balance into their lives, taking ownership for their wellbeing in order to be more resilient to life's stresses. The team have already implemented initiatives as a result of the training which is fabulous! I thoroughly recommend POINT3!*

”



“



**Maria Edwards, Headmistress, Orchard House School said:**

*As a headteacher, managing a group of teachers who are in turn, looking after the welfare of a diverse cohort of children, I believe it is hugely important to offer my staff the time and space to focus on their own personal wellbeing. POINT3 Wellbeing delivered a thought-provoking session with a balanced mix of theory and practical ideas that we look forward to implementing throughout the terms ahead.*

”



“



**Judith Summerfield, West Thames College said:**

*POINT3 supported our Wellbeing Day with their Mind Massage and HIIT+CHILL session.*

*The feedback from all that participated was fantastic with comments about how unique and impactful both experiences were.*

”