

BE WELL. BE HAPPY. BE YOU.

# 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 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)*.

# How to Hybrid Well(Being) Series Topics:

## 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:

amazon

BeFirst

CPM  
INSIGHT INFLUENCE SALES

DANONE

Federated  
Hermes  
International



fitflop

GLL  
better for everyone

gsk

H  
HEARST



HSBC

JOHN  
LEWIS  
& PARTNERS

kamwell

lonely planet



NORTHERN  
TRUST



PICTET  
Asset Management

RELX

Sheffield  
Hallam  
University

sky

sr  
group

THE MARYLEBONE



THOMSON REUTERS



WILLMOTT DIXON

For testimonials visit [point3wellbeing.com/clients](https://point3wellbeing.com/clients)



BE WELL. BE HAPPY. BE YOU.



How can we inspire a mindset  
movement amongst your people?

Get in touch...

[POINT3WELLBEING.COM](https://point3wellbeing.com)

[@POINT3WELLBEING](https://twitter.com/POINT3WELLBEING)

[be\\_well@point3wellbeing.com](mailto:be_well@point3wellbeing.com)

SARAH +44 (0) 7769 266211

NICKY +44 (0) 7889 768204

SION +44 (0) 7826 818469

For more about the founders  
visit [point3wellbeing.com/about](https://point3wellbeing.com/about)

Wholehearted. Trust + Respect. Meaningful Connections. Good Vibes. Curious + Curiouser.