



P O I N T 3

INSPIRING A MINDSET MOVEMENT



**Our mission** is to help people  
*stress less and smile more.*

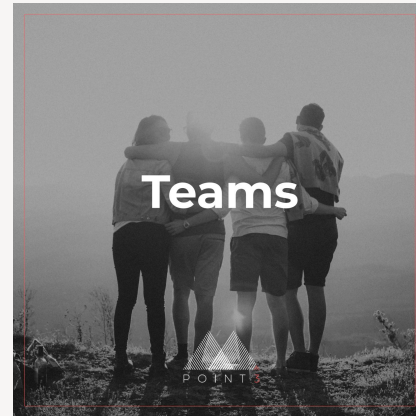
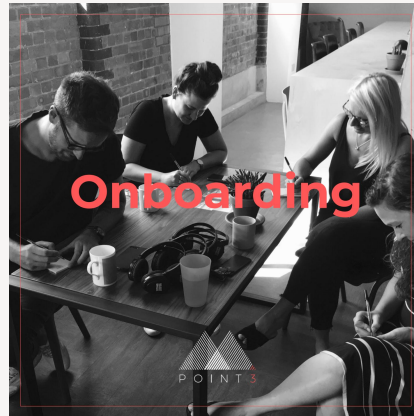
When people stress less and smile more... they perform to their best.  
Our **interactive** and **immersive** training + experiences **motivate, educate and energise** individuals to take personal responsibility for their **mental health + wellbeing**, knowing that they are intrinsically linked to performance (and happiness!). A healthy + happy workforce = a healthy + happy organisation.



Our agency services underpin our training + experiences - providing additional insight + ideas when it comes to designing and delivering a wellbeing programme with impact.



**Who do we support in the workplace?** We offer training for all, and for different cohorts subject to your organisation's needs. Our experience shows that for wellbeing programmes to be as effective as possible, they need buy-in from senior leaders + managers, so that they model key emotional intelligence behaviours and encourage their teams to engage with the training and model these behaviours too.



We work closely with the HR/People/Wellbeing team within your organisation to deliver high-impact training, programmes and initiatives. This can be bolstered through our agency services (more details overleaf).

## Agency Services:

Creating a wellbeing programme that lands with impact isn't easy. It requires time, energy and consistency to optimise buy-in and maintain momentum.

We understand that not all businesses have the internal resource to manage this alone. We have designed our agency services to act as an extension to your team. Helping you with the strategy, marketing and on-going communications to enable your vision to become reality.



We can support you with:

- Gathering Insight
- Defining Strategy + Policy
- Programme Development
- Internal Communications + Branding
- Cultural Embedding

A well-considered programme can make your people feel valued and invested in, leading to talent retention, engagement and high performance.

# Mental Health Awareness + First Aid Training:



A valuable foundation for your wellbeing programme and/or manager training.

Help meet recommended core standards for a healthy workplace as set out for all employers in the government's 2017 Thriving at Work report.

We are **accredited MHFA England First Aid trainers** helping support MHFA England's mission to train 1 in 10 people in mental health first aid.

Choose from **2 day** Mental Health First Aid Training or our **half-day** proprietary Mental Health Awareness Training - ideal for people managers (16 pax).

## Mindset Training:



All of our Mindset Training is packed with **theory, self-reflection exercises and practical tools** designed to empower individuals to take personal responsibility, as well as develop key **emotional intelligence skills** such as self-awareness, empathy, self-regulation and resilience.

Delivered by wellbeing trainers who come from the corporate world and understand the pressures that busy professionals face. All our training is approved by doctors and psychologists.

From **30 minutes to 12 weeks** - pick and mix a training experience of modules (subjects overleaf) to meet your business needs.

## Mindset Training Topics - short format (30 - 60 minute modules):

### Finding Balance

Unpacking wellbeing to prevent burnout and ensure balance and boundaries between work and life.

### Managing Change

Taking control to remain motivated and positive through times of change.

### Building Resilience

Learning how to build emotional resilience in order to better cope with the day-to-day pressures of life.

### Speaking of Mental Health

Breaking down stigma by encouraging a culture where people feel able to talk openly about how they're feeling.

### Building Healthy Habits

Learning the art and science (a 5 step process) to building and designing sustainable habits into life.

### Connecting (Remote) Teams

Creating a culture of psychological safety and belonging in a hybrid world to ensure collaboration and innovation.

### Focusing Time + Attention

Optimising time + focus in a world filled with distractions.

### Meaningful Tech Connections

Creating an intentional relationship with technology to improve focus + performance.

### Stress Less, Perform Best

Finding flow at work, understanding that not all stress is bad stress.

### Energy Management

Boosting energy via sleep + nutrition to optimise focus + performance.



## Mindset Training Topics - long format (4 hours - 12 weeks):



### Building Resilient + High Performing Teams

This 4 hour workshop provides managers + aspiring leaders with a foundation of knowledge, confidence and tools to equip them to build trust amongst their team(s), manage challenging conversations and build resilience.

### Igniting Collective Spark

Life has changed. We have changed. How we work has changed. This 1 day workshop has been designed as an opportunity to reflect, rethink and re-energise the ways that teams work together.

### Building Healthy Habits

A 30-day course focused on creating healthy habits - shining a spotlight on the areas of sleep, nutrition, movement and mindfulness to create balanced, energised and resilient people.

### Being More Mindful

A 12 week journey that has been designed – with science at its core – to inject wellbeing into the heart of a business, in a way that is sustainable and will create lasting change.

# Mindfulness Experiences:



Our mindfulness experiences are backed by science and are designed to enhance performance, concentration and other cognitive functions, as well as reduce depression and anxiety.

## Mind Massage

A relaxing guided mindfulness experience to calm the busiest of minds.

## Mindfulness for Stress

A guided body scan to help manage the effects of stress, energising the mind.

## Mindful Tea Drinking

Be inspired by the zen monks in the art of tea-drinking. Make an everyday activity mindful.

## Breath for Clarity

Breathwork techniques to calm and clear the mind, allowing you to take a step back and refocus your approach.

## Movement Experiences:



Our workouts combine movement and mindfulness and have been scientifically designed to help reduce stress and re-engage focus.

### Scan + Unwind

A mindful moving experience that unwinds the body and relaxes/energises the mind.

### Stretch + Chill

Stretch out the body and chill during this calming mindful movement experience.

### Yoga for Stress Relief

Practicing yoga has been proven to reduce blood pressure and relieve symptoms of depression and anxiety. This flow session releases physical tension, reduces stress and helps to calm anxiety.

### Strength + Chill

Get heart rates rising in this class for all fitness abilities, ending with a moment of relaxation to calm and focus the mind.

## Meet the Founders...

**POINT3 Wellbeing was founded by Nicky Morgan, Siôn Stansfield and Sarah Mayo in 2018.**

**We have a collective 45+ years working in the fast-paced marketing and events industry for companies including BMW, Nike, IBM, Honda, and British Airways. In 2018 we left our roles as Talent Director, Client Services Director and Marketing Director respectively, to launch POINT3 Wellbeing.**

**We re-trained as wellbeing trainers with specific expertise in mental health, mindset, mindfulness and movement, and now use our lived and learned experience - alongside collaborations with doctors, scientists and psychologists - to help others in the workplace manage their wellbeing better...**

Some of the organisations we support:



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



BE WELL. BE HAPPY. BE YOU.



How can we help your people to  
stress less and smile more?

Thank you!

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

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