



P O I N T 3

STRESS LESS + SMILE MORE

EST. 2018



Meet POINT3 Wellbeing

We are pleased to meet you! We are Nicky (Morgan) and Sarah (Mayo) - founders, facilitators and trainers from POINT3.

After 40 collective years working in the corporate world of marketing and events - leading global teams - we re-trained as workplace training specialists - with a focus on mental health, mindset and human skills.

With our corporate background we understand first-hand the pressures that busy professionals face. The “always on” nature and high stress that comes from working long hours, to tight deadlines, in complex teams and with ever-changing landscapes.

We incorporate this lived and learned experience alongside working with doctors and psychologists to bring science-backed, experiential training with lots of practical ways to help people to thrive in the workplace.

Six years on and our boutique organisation is still founder-run, independently owned and B Corp certified, and we are as passionate as ever about our mission to *help people to stress less and smile more...* Ultimately we want to make a difference for the people we work with and for society at large.



We build
healthy + high performing teams
through the power of human connection.

Why?

Well, an increasing sense of
DISCONNECTION is leading to:

9m

9m adults in the UK feeling
often or always **lonely**

1 in 2

1 in 2 workers
experiencing **burnout**

59%

59% of the world's
employees
"Quiet-Quitting"

£8.8tr

£8.8 trillion global loss in
lost productivity

The antidote to loneliness, burnout, low engagement and low performance =
HUMAN CONNECTION



CHANGE + UNCERTAINTY

How do I equip my people
to be resilient + adaptable to ongoing
uncertainty + business transformation?



TALENT RETENTION + ENGAGEMENT

How do I ensure we continue to
attract, retain, support + develop
our talent effectively?

Why else?

**We've also heard the top 5
people challenges in 2024 are:**



DIVERSE WORKFORCES HAVE DIVERSE NEEDS

How do I successfully integrate
+ manage different groups
who have different
wants + expectations?



WAYS WE WORK HAVE CHANGED FOREVER

How can I make flexible
working work for all of
my people all of the time?



THE RISE OF BURNOUT

How do I equip my people
to cope better with stress,
prevent burnout +
poor mental health?

**The antidote =
HUMAN CONNECTION**

When people feel connected to:

- 
- 
1. Themselves
 2. The work they're doing
 3. Their colleagues
 4. Their manager
 5. Their leadership team
 6. Their organisation
 7. The business mission
 8. The community at large

The impact will be felt by:

We are partnering with business to
upskill their people in human skills...



**By embracing the power of
human skills in our workforces,
we raise our potential for
healthy + high performing teams.**



Our human skills training
connects people through the following formats:

**Raise
Your
Human
Game**

**The
Taboo
Series**

**The
Mental Health
Series**

**Connecting Leaders, Managers, Teams + Individuals through
the skills that matter most to us as humans.**

Raise Your Human Game

Raise Your Human Game is a training experience designed to future-proof your workforce by building healthy and high performing teams.

Since Covid-19 there's been a lot of additional pressure put onto "The Manager". Alongside their technical day job, they are now, more than ever, also expected to support the welfare of their team and create team environments that are inclusive and safe for up to five different generations of employees. It is little wonder that 52% of managers are feeling burnt out.

This human skills training creates time and space for managers* to focus on the human part of the job - helping to develop relationship skills, emotional agility and the ability to move through challenging workplace scenarios with more ease. We do this in an immersive, experiential way - allowing plenty of space for deep conversations alongside theory and skills practice.

The result is more human managers and leaders. Why is this important?

The #1 reason people stay or leave a job is based on their relationship with their manager and with over 50% of managers burnt out... the potential to improve all business metrics is significant by investing in the human skills of your people (and in particular, your managers). Human Managers = more productivity + profits + employee happiness.



Raise Your Human Game | Content Overview

Over two days, we cover the following topics:

- **Understanding ourselves better** - Getting friendly and familiar with “who I am” - to bolster self-awareness and drive high performance.
- **Managing change + building resilience** - Developing the mindset + skills to adapt to uncertainty + thrive amid change in the workplace.
- **Balancing burnout + performance** - Being able to mitigate the risk of burnout to optimise high performance.
- **Understanding others better** - Recognising our differences (+ similarities) to avoid conflict, misunderstanding + frustrations + enable collaboration.
- **Collaborating as one** - Understanding (+ implementing) the key ingredients for a high performing team (including psychological safety).
- **Being inclusive** - Bridging gaps in DEI knowledge to encourage greater team empathy, collaboration + innovation.
- **Managing conflict** - Approaching a challenging conversation with confidence + better outcomes for all involved.
- **Keeping curious** - How to continue to learn + develop as a high performing individual + team (embracing growth mindset).



Let's Talk **About...** The Taboo Series

There are so many subject areas that still carry with them stigma, discrimination and misunderstanding. These will be omnipresent life experiences impacting people in workplaces day in, day out.

Our “Taboo Series” facilitated conversations aim to bring these subjects out of the shadows and into the light - in a bid to break through the stigma, raise awareness + understanding, encourage empathy and build more human workforces.

These 60 minute sessions are very conversational and are designed to get people more comfortable and confident talking about uncomfortable subjects.

These sessions are facilitated by POINT3 and feature a Subject Matter Expert. We would also love to involve a member/s of your team to join in the conversation as a way of role modelling the very bravest of human experience and connection.

Let's Talk About... whatever feels important to you and your people right now. Subjects include but aren't limited to: **Mental Health, Burnout, Menopause, Diversity Equity & Inclusion, Men's Health, Grief, Parenting and many more...**



The Mental Health Series

Mental Health Training for individuals and teams looking to increase knowledge, awareness and response + recovery techniques to support (and prevent) mental ill health within the workplace.

Training courses include:

- MHFA England First Aid training - 2 days (equivalent)
- MHFA England First Aid Refresher training
- MHFA “meet-ups” - aftercare for MHFAiders
- Mental Health Awareness Training - 4 hours
- Burnout Awareness Training - 3 hours
- Speaking of Mental Health - 1 hour (we offer this in conjunction with other mental health training)

Can be tailored for:

- Leaders + Managers
- Champions
- All employees



Who we work with + what they say...

Who we work with...

ARTHUR LITTLE

amazon

ATP
MEDIA

CADENCE
INNOVA

coram | better chances
for children
since 1739

DAZN

energy
saving
trust

Electrolux

EQ
investors

kenvue

LBMW
LEE BOLTON MONIER WILLIAMS

LCP INSIGHT
CLARITY
ADVICE

OmnicomGroup

Oxford
Biomedica

PICTET
1805

sky

Making an impact: over the last year...

Certified



Corporation

c.5000

Individuals
trained

9/10

Average
net recommendation
score across all training

10/10

Average score for Mental
Health instructors

"The passion, care, knowledge and commitment POINT3 has shown has been incredible. They have tailored each of our sessions according to any particular needs we have had in the groups and the delivery of all the training sessions has been sensitive, considerate and safe"

[Find out more...](#)

9/10

Average
score for impact
across all training

32

Organisations
supported

120

Mental Health
First Aiders trained



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

Certified



Corporation

As part of our commitment to social inclusion, we are a Certified B Corporation – one that balances purpose and profit. This certification legally requires our business to consider the impact of our decisions on our workers, customers, suppliers, community, and the environment.

Our Values: Wholehearted. Brave. Curious. Integrity. Good Intentions. Find out more: <https://point3wellbeing.com/about-us/>

Find out more...

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