



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 skills  
+ 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 programmes:**



**The Human  
Leadership  
Series**

**The  
Taboo  
Series**

**The  
Mental Health  
Series**

**Connecting Senior Leaders, Managers, Teams + Individuals**  
**through skills that embrace what it is to be human**  
**in the workplace today.**



# The Leadership Series | Raise Your Human Leadership Game

**Raise Your Human Game is a training experience designed to future-proof your workforce by creating human leaders, ready to lead 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 leaders\* 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 leaders. Why is this important?**

The #1 reason people stay or leave a job is based on their relationship with their direct leader - 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 leaders = 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 for success** - Understanding (+ implementing) the key ingredients for a high performing team (including psychological safety).
- **Being inclusive** - Bridging gaps in DEI knowledge through an inclusion mindset, to encourage greater team empathy, collaboration + innovation.
- **Courageous conversations** - Approaching a challenging conversation with confidence + competence, leading to better outcomes for all involved.
- **Keeping curious** - How to continue to learn + develop as a high performing individual + team (embracing a forever learning mindset).



# The Taboo Series | Let's Talk About...

**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, Neurodiversity, DEI, 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)
- The Stress Series - a series of 1 hour modules

## 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

DA  
ZN

energy  
saving  
trust

Electrolux

EQ  
investors

kenvue

LBMW  
LEE BOLTON MONIER WILLIAMS

+ LCP INSIGHT  
CLARITY  
ADVICE

OmnicomGroup

Oxford  
Biomedica

1805 PICTET

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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