



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 experiential marketing, we set-up POINT3 in 2018 with the mission to help people in the workplace to **stress less and smile more.**

We now work with doctors and psychologists to bring science-backed, experiential training, team building workshops and conversations to workforces - that help build healthy and high performing teams.

We believe in the power of experience to help drive human connections. And we believe that human connections are the key to optimum health and high performance.

We are founder-run, independently owned and B Corp certified - and on a mission to help more people to stress less and smile more. Could you help us with our mission as we help you with yours?!



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

Why?

An increasing sense of **DISCONNECTION** in the workplace is leading to:



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



1 in 2 workers
experiencing **burnout**



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



£8.8 trillion global loss in
lost productivity

The antidote to loneliness, burnout, low engagement and low performance =
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:

So, we are challenging businesses to ***Raise Their Human Game!***

By leveraging the power of
human connection through:

1. Team Building Experiences
2. Workshops + Webinars
3. Talks, Panels + Facilitated Conversations

Raise Your Human Game through:

1: Team Building Experiences

- ❑ Energy-fuelled workshops that build connection, collaboration and empathy

2: Workshops + Webinars

- ❑ Virtual or in person

3: Talks, Panels + Facilitated Conversations

- ❑ Keynote talks
- ❑ Panel discussions
- ❑ Facilitated breakouts



Themes include:

Connecting Teams
Building Resilience
Managing Change
Confident Conversations
The Power of Curiosity
Energy Management
Balance & Boundaries



Some of the **organisations** we support...



Ashfield
Meetings & Events

amazon

**Brands
& Work**

CARPMAELS & RANSFORD

coram | better chances
for children
since 1739



**energy
saving
trust**



**Federated
Hermes**
International

Kingfisher

OmnicomGroup



**publicis
sapient**

RELX


smyle

sky


WILLMOTT DIXON

Making an impact: **over the last year...**



c.5000

Individuals served

9/10

**Average
score for impact
across all sessions**

9/10

**Average
Net Promoter score
across all sessions**

49

**Organisations
supported**

"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."

And finally...

We are proud to have created a community of like-minded People Experience Professionals - from a variety of industries - that we regularly bring together to cross-share, listen and learn from each other.

We continuously carry out research amongst our community - and beyond it - to identify the key people and culture challenges in our workplaces.

This insight helps to inform our work and drive our content themes.

We love nothing more than getting stuck into a brief. We are happy for ourselves and our content to be involved in your project as your POINT3 partner or embedded as part of your team. We're here to consult, ideate, curate and/or deliver employee experiences.

We come from your world - and therefore understand (love and empathise with!) all that comes with it.

We hope to work together soon...





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/>

Thank you!

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