

Certified



Corporation



P O I N T 3

STRESS LESS + SMILE MORE

EST. 2018



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Nicky and Sarah are the two most professional, authentic and credible leadership facilitators I have ever experienced.

Their passion and style ensure that even someone like me, who has had a very long professional life, and attended and facilitated many courses, still took ideas from the content and the group experience to enable me continue to lead my team and the business forward with energy and innovation.

Thank you both and my fellow course attendees.

**Gaynor Evans,
Head of Anti-Bribery and Corruption and Sanctions
Flutter International**

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Meet POINT3

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 communications - leading global teams - we re-trained as workplace training specialists, with a focus on mental health and wellbeing.

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.

As we enter our 8th year, our 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...*





We are dedicated to building
healthy + high performing teams
by facilitating meaningful conversations that
help people to *stress less and smile more...*



In a world where divides are widening, burnout is rising and technology is fast evolving, we believe it is more important than ever that we develop workplaces filled with human leaders.

As a leader, we have the potential to raise those we lead to their highest potential.
And we have the potential to lower those we lead to their lowest potential.

With focused knowledge, awareness, tools and practice, leaders have the potential to foster inclusivity, trust and connection - the building blocks of healthy and high performing teams.

Being great at the technicality of our job will get us so far. The key to unlocking the highest potential and performance - in ourselves and others - is by raising our human game.

Raise Your Human Game is recommended by leaders for leaders - it scores an average of 9/10 for its relevance and value in today's workplace.

Raise Your Human Game | Overview

Over two days, we coach your team to explore + experience essential human leadership skills:

- **Growing Self Awareness** - Getting friendly and familiar with individual Frame of References and personal values - to bolster self-understanding.
- **Developing Emotional Agility** - To adapt to ongoing uncertainty + change in the workplace.
- **Regulating the Stress Response** - Exploring tools to mitigate the risk of stress and prevent burnout in order to lead with balance and intention.
- **Building 121 Relationships** - Understanding the role of trust, vulnerability and active listening in building authentic 121 connections.
- **Mastering Courageous Conversations** - Exploring conflict, how to deliver impactful feedback and how to navigate challenging workplace scenarios with more ease.
- **Developing a High Performance Team** - Understanding + implementing the key ingredients for a high performing team, including psychological safety.
- **Leading with Inclusivity** - Bridging gaps in knowledge to encourage greater empathy, exploring protected characteristics + the Wheel of Privilege.
- **Keeping Curious** - Practicing how to be a coaching manager that embodies a growth mindset for onward development + accountability.



Raise Your Human Game | Key Details

Programme format:

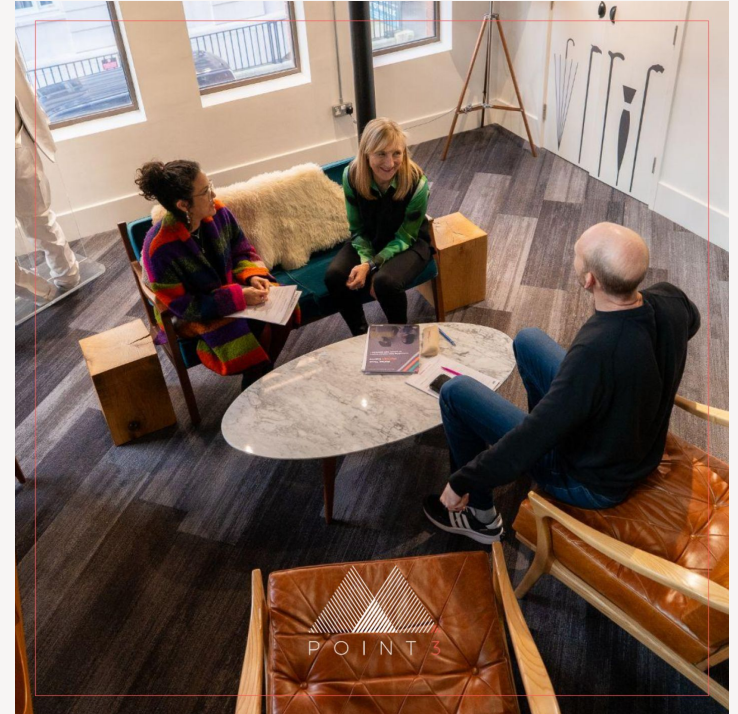
- Theory / philosophy from respected and progressive industry thought leaders
- Experiential exercises
- Space for individuals to work through current leadership challenges - in real time
- Plenty of room for meaningful discussion

Who for + how?

- Groups of up to 16 and can be tailored for - Leaders + Future Leaders
- Ideally delivered in person over two days but we are flexible with this.

What will your people walk away with?

- **A Personal Action Plan** looking ahead to 30, 60, 90 and 180 days.
- **A Group Action Plan** looking at key business areas that might need focus (e.g. business values, shared purpose, DEI).
- **A toolkit of 8 human leadership frameworks** for onwards use including; Personal Values Analysis, Personal Preferences Checklist, After Activity Review, CURIOUS coaching template.
- A greater sense of connection, understanding and trust amongst the group and with themselves - leading to higher performance.



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“There are so many ways to deliver this sort of content but it felt genuine and relatable.”

“I thought Nicky and Sarah were excellent. Very good communicators. The spirit during the course was open and positive.”

“Well paced, well structured, actionable tools and perfect amount of interaction.”

“We do a lot of this kind of thing and have never had women lead. It makes such a difference so thank you - thank you for being vulnerable with us and so open.”

“It’s everything I’ve been needing and wanting for the past year. The tools I have come away with are so beneficial in my daily life as a leader.”

“Interesting material, well delivered. Enjoyed the interaction with colleagues and learning more about them and their viewpoints. Was challenged to think about things I don't normally dedicate much time to. Some good takeaways for the business, as well as personally.”

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The POINT3 Team...



Sarah Mayo | POINT3 Co-Founder, Trainer + Facilitator

For over 20 years Sarah worked in marketing and events. Prior to founding POINT3 Wellbeing she sat on the EMEA executive board of a global brand experience company, in the role of Marketing Director.

Sarah has retrained as a Mindset, Movement and Mindfulness trainer and Mental Health First Aid Instructor. She is an avid runner with numerous marathons and an ultra-marathon under her belt. Sarah is also a big advocate of walking for mental health and wellbeing, believing this every human's untapped superpower!

As co-founder of POINT3 Wellbeing, Sarah regularly speaks at conferences and in the workplace about performance and wellbeing, and how to balance the pressures of work and life. She also hosts the POINT3 podcast "Walk The Talk" speaking with HR and People professionals about ways to help people stress less and smile more.



Nicky Morgan | POINT3 Co-Founder, Trainer + Facilitator

Nicky spent 18 years in the corporate world in events and marketing. Her personal interest in culture, human behaviour and people management led her to the role of Head of People on the board of Omnicom marketing agency TRO.

Initially a 'side project' Nicky qualified as a clinical hypnotherapist in 2012 with ICH London and has gained further qualifications in MBSR, CBT, Core Energy Coaching and mindfulness. She is also a Mental Health First Aid Instructor with MHFA England.

As co-founder of POINT3 Wellbeing, Nicky combines her knowledge of the corporate world with her passion for positive psychology through the delivery of talks, workshops, training programmes and team building experiences.



Making an impact in 2024



c.2,500

Individuals
trained

10/10

Average score for Mental
Health instructors

9/10

Average
recommendation score
across all training

9/10

Average
score for impact
across all training

30

Organisations
supported

100+

Mental Health
First Aiders trained

“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...](#)



Find out more...
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**How can we help your people to
stress less and smile more?**



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/>

reserved