Coaching for Wellbeing
inspiring health, creating wellbeing

WorkingWell Consultancy Service

Supporting Business through Employee Wellbeing

Aim:

To empower Organisations to understand the impact of stress on productivity and profits, and to make appropriate changes to gain Organisational success through Employee Wellbeing.

Objectives:

Senior Leaders will be able to:

- Understand stress, and the impact on individuals and the organisation;
- Understand the characteristics of a Organisation with high personal wellbeing;
- Understand the cost of poor performance resulting from a lack of wellbeing at work;
- Understand the factors which impact on wellbeing and ill-health in the workplace;
- Understand the key role of the manager in maintaining a healthy workforce;
- Understand the importance of Senior Manager buy-in in promoting Wellbeing;
- Understand the options available for improving Employee Wellbeing
- Implement appropriate interventions for reducing stress at work;

Services available:

The Services below can be chosen on their own or as part of a Consultancy package:

- Senior Management Advisory Service and Training;
- Stress Survey and analysis;
- Presentation to Senior Managers on the impact of stress and wellbeing;
- Set up of Employee stakeholder group on Stress/Wellbeing;
- Staff Wellbeing days;
- Policy and guidance documents
- Advice and guidance on Wellbeing Strategy
- Employee Coaching and Welfare Support Service

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www.coachingforwellbeing.org info@coachingforwellbeing.org
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Consultant/Trainer: Aleigh Sydenham MA, MCIPD, NLP Practitioner

With a Masters in Personnel and Development Aleigh has enjoyed an extensive career in Human Resources, working for South Devon NHS, Devon and Somerset Fire and Rescue Service, Plymouth University Business School as well for private and corporate clients based across Devon.

An accredited Neuro-Linguistic Programming (NLP) Practitioner, Life Coach and Chartered Member of the CIPD, Aleigh utilises the philosophy, attitude and techniques of Coaching, NLP and Human Resources techniques to empower and support her clients in recognising and achieving their personal and professional goals whilst maintaining their wellbeing.

Aleigh has lived, worked and volunteered abroad as well as in the UK. She brings a broad perspective and vibrancy into her Coaching, Training and Consultancy through utilising her multi-cultural work experiences and knowledge. Creatively organised, Alison exudes dependability and trust, inspiring confidence in those around her.

Aleigh believes that we all perform best when we are able to flourish and achieve our full potential for the benefit of ourselves, and our Organisation. She offers credibility, professionalism and integrity in supporting Organisations to achieve their business goals.

Investment:

£500 per day for advisory services with a complementary initial consultation

£750 per day for training (up to 12 participants)

£125 per session for coaching, or £500 per day (up to 5 sessions)

For more details, contact:

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