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Thrive performance and wellbeing

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It also describes how large employers and the public sector can further develop these standards through a set of improved standards for mental health. See the full report here View Profile Profile Contact us Building Strong Businesses and Teams At Strive & Thrive, we are passionate about improving teams and individuals' performance and resilience so businesses can thrive. We know that your employees are your company's most valuable resource. Based on the latest research from Neuroscience, Health and Performance Psychology, we are practically working with companies to: Improve staff overall well-being Develop healthy approaches to stress and pressure Strength confidence and communication skills Respond positively to challenge and change Use more energy, focus and productivity Build creativity and collaboration Build a culture of high performance and resilience Thrive Workshop was just what we needed to remind us how to look after ourselves, especially in this difficult time. Jane, Belfast, NHS. 'You don't realise how stress affects you until it creeps up and starts to overwhelm you. The chemistry in Calm Workshop came at just the right time. I now know that although some things are out of my control, there are practical things I can do to make sure I stay calm and focused. Gary, IT, Belfast This workshop was of the utmost relevance in this era of change in the world order. We must first accept that life will never be as it was in the pre-Covid era, and we need to build skills that will enable us to accept and then adapt. Catherine took us through the who will build such vital resilience and mental toughness' Dr. Amita Pathack, Public Health Physician, Mauritius' Thank you Catherine for the training. It is so important to focus on well-being during this period. Remote work Remote work had its challenges and it is hard to stay motivated and take care of yourself. I had been nervous about returning to work and dealing with the public, but now I know what I need to do to stay healthy and I'm looking forward to it. Sarah, Retail, Newry 'Thank you for the very interesting and enlightening webinar about resilience and mental toughness. It was very helpful, especially at this time. Gopolang Mositwane, HR Manager, Legal Aid, Botswana learning, challenging mindsets Discover our range of workshops workshops that deliver change Strive & Thrive has developed a number of workshops on topics that are central to building performance and resilience in business. Our workshops are designed to be interactive, informative and fun. They can be delivered on a customer's premises or on external team development days and can be a single, individual event or a series as part of a broader program of executive development. Easy ways to stay calm under pressure, reduce stress and thrive in the face of Challenge Get to more confidence in improved performance and success learn more About building robust and high-performance team cultures learn more Discover effective ways to stay calm under pressure, and learn how to upsize performance and learn how to build robust and high-performance team cultures, and learn how to improve performance, reduce stress and thrive in Face of Challenge GET MORE Learn more Develop in high performance growth mindset For more high performance leadership strong leadership for strong teams LEARN MORE ABOUT HOW Strive & Thrive provides consulting services in a number of key areas. LEARN MORE This site uses cookies: Learn more. Physical & mental well-being is the foundation of achievement. Our one-to-one coaching & corporate workshops are based in science with a focus on practical habits that work. Mindset. Skillset. The habit. We train the science-supported mental skills & habits used by Olympians, Special Forces operators & business leaders to take your performance to the next level. Stress & burnout is the reality of our 24/7 lives. We work with coaches, managers & managers to revive passion & purpose, create meaning and align life goals to maintain thriving & performing. Hi everyone, thanks for visiting. I have now combined my two websites – Thrive Performance and Wellbeing, and Thrive Career Coaching. You can now find me on . If you have any questions feel free to drop me an email info@kateflowerdew-wellbeing.com. First published November 12, 2020 Thriving individuals create thriving organizations Our unique and revolutionary Thrive in Business program delivers powerful and thoughtful and group applications that optimize performance and well-being. Our program is tailored to small, local organizations and allows people to thrive both personally and professionally. We teach individuals to develop a greater sense of power and control over their roles both in work and in life as a whole. As they progress through the programme, they increase confidence and enhance results in a measurable and sustainable way. Thriving in Business helps people understand themselves, give them psychological intelligence and self-awareness, solve existing problems, and future-proofing against potential emotional and mental health disagreements. Thrive in Business creates, develops and clarifies the way your team cognitively processes its working methods for a completely harmonious approach – bringing the very best individual traits of peak performance both individually and in your teams. Did you know: Better mental health support at work could save UK businesses up to £8 billion a year. Source: Mental Health Foundation UK. A strong healthy body helps you fight against, and prevent, outbreaks of physical ailments. It won't protect you 100%. But a stronger, healthier body will help you recover faster, and more completely, in the long run. So why do we not attach the same importance to our mental health? Most mental health treatments are administered only when the mind is so broken that only sticking plaster solutions are offered while waiting for the availability of slow onerous, and often emotionally painful, remedies. For someone slipping into depression, it's a bit like walking on a broken foot for six months before finally admitting that it actually hurts a little bit. Unfortunately, the damage has often been done. The Thrive programme is the only program that actually meets the basic needs of each and everyone's mental health, and helps build and strengthen the psychological foundation to ensure that they remain fully rooted, no matter what storms they have to endure. Organizations investing in the Wellbeing Program ensure that they: create a workforce that has the emotional intelligence, knowledge and resources to respond to any situation with real grit and power. solve existing mental health problems with knowledge and resources that are incredibly empowering, long-lasting, and all pervasive. give their workforce unfathomable depths of psychological power and strength, to help them overcome the most difficult circumstances, both personal and professional. The Thrive program revolutionizes the way we need to manage mental health, emotional well-being and your workforce's ultimate health & happiness. Applying sustained effort to our cognition and emotional processes, in the same way as we wanted our bodies, to build towards continuous and productive results Improved culture and collaboration in the workplace Reduced absenteeism due to improved employee retention and recruitment methods Better management strategies in relation to changes outside their own control and environment If you want more information about well-being in business, or simply want to get in touch, you can use the contact information below ^ write to us: 71-75 Shelton Street, Covent Garden, London, WC2H 9JQ 1 email: info@thriveinbusiness.org Thriving individuals create thriving organizations Our unique and revolutionary Thrive in Business program delivers powerful and thoughtful individual and group programs that optimize performance and well-being. Our program is tailored to small, local organizations and allows people to thrive both personally and professionally. We teach individuals to develop a greater sense of power and control over their roles both in work and in life as a whole. As they progress through the programme, they increase confidence and enhance results in a measurable and sustainable way. Thriving in Business helps people understand themselves, give them psychological intelligence and self-awareness, solve existing problems, and future-proofing against potential emotional and mental health disagreements. Thrive in Business creates, develops and clarifies the way your team cognitively processes its working methods for a completely harmonious approach – bringing the very best individual traits of peak performance both individually and in your teams. Did you know: Better mental health support at work could save UK businesses up to £8 billion a year. Source: Mental Health Foundation UK. A strong healthy body helps you fight against, and prevent, outbreaks of physical ailments. It won't protect you 100%. 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Increased productivity - Increased output from a thriving and engaged workforce Employee Retention - Improved employee retention and recruitment practices Change Management - Better management strategies in the face of changes beyond their own control and environment If you would like more information about The Thrive in Business Programme, or simply want to get in touch, you can use the contact details below ^ write to us: 71-75 Shelton Street, Covent Garden, London, WC2H 9JQ info@thriveinbusiness.org info@thriveinbusiness.org ^

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