

HSE statistics show that anxiety, depression and stress cause the majority of lost workdays. Supporting staff and promoting good mental health in the workplace is vital not only for employee wellbeing, but also for improving relationships, growing productivity and reducing absenteeism.



Thought

- 'Lets Talk'
- Facilitated 121 engagement discussions to understand your culture, organisation and how people feel at work
- Facilitated focus groups using Appreciative Inquiry (AI) principles
- Inspiring & creating opportunities for Discovery, Dream, Design and Destiny



Reflection

- 'Lets Talk'
- Engagement conversations feedback to the Senior Team
- Using the AI Framework, focus on the positive - what's great about your organisation, people and culture
- Where are the opportunities to change
- How will we inspire and implement



Identity

- Working with the Senior Team we will co create the plan:
- Setting direction
- Defining values
- Imagining and creating opportunities
- Innovate to reach aspirations
- Define the solutions



Belonging

- Flexible solutions tailored to your organisation OR
- Select from our suite of initiatives, workshops and programmes, focussing on Management Development and Well being
- Adaptable solutions through various learning channels, whatever suits your business



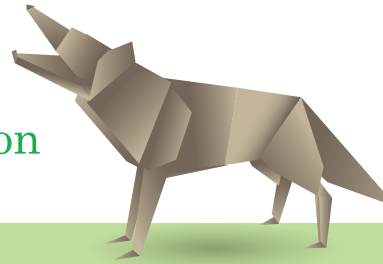
Empower

- Supporting the organisation to become self sufficient through:
- Reflective practice
- Asset focussed development
- Demonstrating resilience
- Coaching to embed the changes





Solutions for Your Organisation



Through mental health and emotional wellbeing services, your place of work can become a psychologically informed environment, aware of the needs of your team with the support of trained, qualified therapists and HR specialists behind you.

By working with Managing Directors, Senior Leadership Teams and Board Members, we have a proven track record of creating a true cultural shift.

All of our services are provided either from our own dedicated space or within your organisation. We'll discuss this on a case by case basis as it is dependent on how to best support the individuals concerned.

- Health & Wellbeing
- Management Development
- Coaching
- Cultural Changes Management
- HR Toolkit
- Psychologically Informed Environments (PIE)



Discuss your personalised programme with our team

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Working nationally and with offices in Hull, Scunthorpe and Grimsby