



Your Mind Matters - The Model for a Well-being Workforce

This course brings the Mind Matters Model to life for your team, enabling them to understand how to build and maintain a healthy mindset and cultivate a culture of openness to mind-health across your organisation.

Delivered over two full days or four half days to suit your business needs.

We will focus on:

- **Developing a flexible and resilient workforce**
- **Reducing stress and increasing productivity**
- **Embedding positive habits into the workplace**
- **Fostering an ongoing culture of well-being**
- **Increasing personal effectiveness through self-reflection**

A great way to begin
or build on your
well-being strategy

To find out more contact us via email claireandsue@weare3b.org
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