



Haptivate



Cultivating a positive mindset

Practical techniques to bring more positivity
and optimism to your daily routine

**Harness the science
of happiness to help
your team feel and
perform at their best.**

Cultivating a positive mindset

Explore the power of your
mindset to affect mood,
motivation and happiness,
and practical ways to bring
more positivity to working life.



Discover the incredible ways that perceptions shape our reality and influence personal wellbeing.

Our brains are pre-wired with an innate bias towards negative patterns of thought that can drain our confidence, motivation and productivity.

Utilising the latest scientific research and best practices, we'll equip you with the skill to identify, challenge and transform cycles of thought that don't benefit you and may be holding you back.



After your workshop, you ll be able to:

- ⊕ identify, observe and detach from negative cycles of thought as they arise, allowing you to bring greater positivity into your internal dialogue
- ⊕ improve your relationship with yourself, challenge limiting self-beliefs and adopt a self-coaching mindset to further your personal development
- ⊕ cultivate a positive and resilient mindset by intercepting and reframing negative thoughts through mindful awareness
- ⊕ tap into internal resources that will help you to deal with and quickly bounce back from difficult situations and adversity
- ⊕ better regulate your emotions and avoid spirals of negativity, increasing your capacity to cope with stress and uncertainty
- ⊕ build greater empathy and connection with your colleagues, friends and family

I can't recommend Haptivate highly enough. They're subject matter experts who make exploring happiness, wellness, and health at work relevant and interesting. Their workshops support us to incorporate health and wellbeing into everything.

David Benson
Head of Organisational Development, Catalyst



What you get

An engaging, interactive training workshop

tailored to your needs and led by an experienced facilitator

Cutting edge content

based on the latest scientific research and best practices

Discover the benefits

with hands on interactivity and group exercises

Including:

- Ice-breaker activities
- Exploring reframing techniques in common work scenarios
- Guided mindfulness exercises
- Identifying blockers to motivation and getting into flow
- Creating a personal wellbeing action plan
- Brainstorming to find new ways to make your organisation a happier place to work

A free digital resource pack

Including:

- The workshop slides
- List of recommended further reading
- The Haptivate team building app
- Guided mindfulness audio
- Work sheets and templates

I would highly recommend Haptivate to other organisations their workshops could not be more relevant to what is happening in these uncertain times. We have already booked three more!

Luisa Hinds
Programme Officer,
Chevening



CHEVENING

Book now

Empower your people with a wellbeing workshop aligned to your unique goals and team culture.

Our team will help you find the perfect fit.

Book a free consultation today

or

Submit an enquiry form

10 reasons you'll love Haptivate

Tailored fit

We design our workshops to match your culture and help you achieve your unique goals.

Inclusive and accessible

We'll show you how anyone can tap into their own biology to feel happier.

Evidence-based approaches

Discover proven tools based on the latest neuroscientific research.

Hands-on and interactive

Experience for yourself how you can change your neurochemistry to lift your mood.

Stress-busting and energising

We'll show you techniques that will have you feeling re-energized in a matter of minutes.

Down-to-earth facilitators

Our team impart expert knowledge with enthusiasm, humility and humour. No gurus allowed!

Our session was truly eye opening. In less than an hour, Haptivate transformed a reserved and sceptical audience into a smiling, cheerful one. The tips and exercises were fantastic and had an immediate impact.

Melchiorre Bernardo
Business Consultant, Publicis Sapient

publicis
sapient

Cultivate connection

We create a safe and supportive atmosphere to discuss and explore personal wellbeing.

Innovative strategies

Explore the innovations used by best-in-class organisations to boost wellbeing and productivity.

Make it your own

We'll help you to embed wellbeing best practices into your distinctive organisational culture.

Instant impact

You'll come away with tangible actions you can take for an immediate improvement in wellbeing.

Book now

We stand behind our workshops with a no questions asked money back guarantee.

Get started with total confidence.

[Book a free consultation today](#)

or [submit an enquiry form](#)

**Harness the science
of happiness...**

**to help people feel and
perform at their best.**



Research shows happy people do better work,
boosting your bottom line.

20%

more productive

37%

higher sales

34%

lower staff turnover

37%

less sick leave

Make the most of your talent and enhance wellbeing at work with Haptivate workshops, training and consulting, read on to find out more.



Haptivate

Our mission is to challenge the way people think and feel about work, offering new approaches that are supported by scientific evidence.

We do this by providing training and consulting based on the latest research into productivity, resilience and wellbeing at work.

We help our clients transform their culture, unlocking sustainable productivity and innovation driven by the happiness of their people.



Rosa Connor
Co-founder



James Pacey
Co-founder

**Take your first step
towards a happier
workplace...**

Contact us today for advice on how we can help you.

[Book a free consultation](#)

or

[Submit an enquiry form](#)



Haptivate

We believe that everyone has the potential to feel happier. Using the latest research into the science of happiness and wellbeing, we help individuals and organisations to make practical changes to lead happier and more productive working lives.

Every time an organisation works with us, money goes towards projects that teach wellbeing skills to young people and communities.

Leading organisations partner with Haptivate



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