



Haptivate



Dealing with uncertainty & change

Thrive in challenging circumstances

Harness the latest neuroscience to help your team feel and perform at their best.

Dealing with uncertainty & change

Explore practical techniques we can use to manage our anxieties and feel more empowered.



Change is often a difficult and stressful experience...

When we feel a lack of control, the brain's threat system can be overactive, draining confidence and paralysing decision-making.

However, there are a number of practical techniques we can use to manage our anxieties and feel more empowered.

This workshop will show you tools you can implement immediately.



After your workshop, you'll be able to:

- ⊕ understand the specific ways that stress and uncertainty affect your wellbeing based on neuroscientific and psychological concepts
- ⊕ draw on a practical toolkit of science-backed techniques to help you regroup and ground yourself during periods of uncertainty
- ⊕ feel calmer and more focussed at stressful times using simple mindfulness techniques that take only a few minutes
- ⊕ adjust your daily routine to reduce sources of stress and build your resilience, without creating additional time pressure
- ⊕ gain clarity on the factors you can control and influence in a situation and make peace with the ones you can't.
- ⊕ cultivate a more optimistic mindset by noticing and reframing negative thoughts using mindful awareness

The facilitator was so friendly and approachable even through Zoom. I got such helpful, practical advice that I have used everyday since. I really enjoyed the activities and small breakout rooms to discuss these.

Megan Pullein
Scientist, AstraZeneca

AstraZeneca 



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
- Identifying your sphere of influence
- Guided mindfulness exercises
- Exploring reframing techniques in common work scenarios
- Creating a personal wellbeing action plan
- Brainstorming ways to create a happier workplace

A free digital resource pack

Including:

- The workshop slides
- List of recommended further reading
- The Haptivate team building app
- Guided mindfulness audio
- Access to the Haptivate online resource hub

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!

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.

Haptivate's workshops are engaging, inspiring and produce great results. The tools they shared with our team are already making a difference and many staff have reached out to tell me how helpful they found the session!

Jessica Foote
Education Lead Nurse, NHS

NHS

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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