



Haptivate



Finding meaning, purpose & passion

Boost your satisfaction with
the work you do each day

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

Finding meaning, purpose & passion

Enhance self-understanding and
unlock greater drive, balance and
satisfaction in working life.



Explore the links between our sense of meaning and purpose and our motivation and wellbeing.

Being able to connect your daily work with a higher sense of purpose significantly boosts wellbeing and job satisfaction.

Utilising the latest research and in-depth reflective techniques, we'll explore what matters most to you and help you design a daily routine that's in alignment with your unique values.



After your workshop, you'll be able to:

- ⊕ understand the fundamental pillars of meaning identified by scientific research and identify areas you may be neglecting or overlooking
- ⊕ clarify and evaluate your core values and priorities as an individual drawing from a toolkit of simple exercises, models and frameworks
- ⊕ tap into the self-determination theory of motivation to ensure your underlying psychological needs are fulfilled at work
- ⊕ establish a more positive mindset around adversity and failure and leverage them as opportunities for personal growth
- ⊕ start playing to your unique skills, talents and advantages at work using strengths-based self-leadership techniques
- ⊕ use storytelling and reframing techniques to establish an uplifting and compelling narrative around challenges in your life

I'm usually pretty sceptical about these things. Often I find this area either too spiritual or too 'pop-psych' but the session hit a good line between science, practicality and interest.

Lee Mostari
Consulting Director, Ember Group





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

Explore the benefits

with hands on interactivity and group exercises

Including:

- Ice-breaker activities
- Guided self-reflection exercises
- Scenario-based group activities
- Creating a personal 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

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

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.

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

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](#)



**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



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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