



Haptivate



# Haptivate 101

The happiness at work toolkit

## Intro to the science of happiness at work

This interactive learning and team-bonding experience gives you practical research-backed tools to bust stress, boost mood and feel more connected.

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



Discover a host of practical, science-based techniques to boost mood, bust stress and help you feel happier at work.

If you're new to the world of wellbeing at work, this workshop is the perfect way to get started.

Get ready for an interactive exploration of the latest and greatest research, tools and tips from the worlds of neuroscience, positive psychology and mindfulness.



### After your workshop, you'll be able to:

- ⊕ understand the key definitions and drivers of wellbeing at work with reference to neuroscientific and psychological concepts
- ⊕ improve your resilience and create a more positive relationship with failure through the use of self-coaching tools
- ⊕ feel calmer and more focussed at stressful times using simple mindfulness techniques that take only a few minutes
- ⊕ cultivate a positive mindset by noticing and reframing negative thoughts using mindful awareness
- ⊕ utilise simple gratitude practices to boost your mental and physical wellbeing and strengthen relationships
- ⊕ boost your motivation at work by connecting your tasks and responsibilities to a deeper sense of personal meaning and purpose

---

Haptivate's workshops are very interactive and engaging, being relatable yet having very strong scientific backing. There's a really good mix of theory and practical tools. The relaxed and friendly delivery-style has been a great fit with our company culture.

---

Laura Prokofjeva  
Learning & Development Coordinator, Totally Money

**TotallyMoney**



## 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 exercise
- Gratitude techniques
- 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
- Worksheets 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



## 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.

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 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



[hello@haptivate.co.uk](mailto:hello@haptivate.co.uk)

© 2020 Haptivate Ltd Company no. 11357069 registered in England