



Haptivate



Positive communication & resolving conflict

Communicate with greater confidence
and build stronger working relationships

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

Positive communication & resolving conflict

Discover practical, science-backed approaches to communicate with greater confidence, sensitivity and authenticity.



Great teamwork starts with effective communication.

Interpersonal conflict is one of the biggest drains on team wellbeing and productivity, costing the UK economy billions in lost time every year.

This workshop explores practical communication tools and techniques drawn from the latest psychological research to strengthen the working relationships in your team.



After your workshop, you'll be able to:

- ⊕ identify and proactively avoid the most common sources of interpersonal conflict at work
- ⊕ give and receive feedback using positive, constructive and action-orientated approaches
- ⊕ handle difficult conversations with colleagues more easily using simple collaborative communication models
- ⊕ call on practical techniques to make showing vulnerability and communicating authentically easier
- ⊕ utilise mindfulness techniques to regulate your emotions and respond appropriately when faced with conflict
- ⊕ cultivate a more positive working atmosphere and develop a sense of psychological safety within your team

Haptivate's science-based workshops have added a huge amount to our staff training offer. We have seen the benefits of greater understanding, improved communication and collaboration across the organisation.

David Leeves
Director of Social Mobility, One Housing

One Housing



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
- Exploring communication techniques through roleplay
- Creating a personal communication action plan

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



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



hello@haptivate.co.uk

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