



Haptivate



# **Managing stress & building resilience**

Practical tools to help you thrive  
in challenging circumstances

# Managing stress & building resilience

Discover practical tools, techniques and best practices you can use to beat burnout, boost energy and bounce back from adversity.

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



In times of profound stress and uncertainty, it's more important than ever to protect our mental wellbeing.

Both employer and employee need to be proactive and work together to manage and maintain wellbeing at work.

Utilising findings drawn from the latest research, we'll explore practical ways to tackle stress, re-energise and handle challenges with greater ease.



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

- ⊕ understand the specific ways that stress affects your wellbeing with reference to neuroscientific and psychological concepts
- ⊕ improve your relationship with stress and start tapping into it as a driver of motivation and productivity
- ⊕ 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
- ⊕ adjust your daily routine to reduce sources of stress and build your physical resilience, without creating additional time pressure
- ⊕ spot the signs of stress in others and offer practical and effective support when it's needed

Haptivate's approach to wellbeing topics is engaging, inspiring and produces great results. The practical 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  
Educational Lead Nurse, NHS





## 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
- 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

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



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