



Haptivate



Wellbeing champion programme

Establish a wellbeing-centric culture using
the latest research and best practices

**Harness the science
of happiness to
transform your
organisational
culture.**

Wellbeing champion programme

Equip a group of your staff to develop a tailored wellbeing action plan using the latest and greatest wellbeing at work research and best practices.



Create a skilled team of champions to take ownership of wellbeing at your organisation.

Any successful cultural initiative must be backed not only by sound data and strategy, but also thoughtful and authentic implementation.

Combining the latest research and best practices, with your own organisational knowledge, we'll devise innovative approaches to boost wellbeing across the board.



After the programme, you'll be able to:

- ⊕ identify and prioritise unmet needs at your organisation with reference to the eight key drivers of wellbeing at work
- ⊕ create and implement impactful wellbeing initiatives informed by neuroscientific and psychological principles
- ⊕ develop innovative, practical and authentic solutions based on the latest research and best practices
- ⊕ offer practical support to colleagues with common wellbeing challenges, whilst maintaining healthy boundaries
- ⊕ cultivate an inclusive wellbeing-focused organisational culture that your staff feel a sense of ownership over
- ⊕ reinforce your strategy and create buy-in across your organisation with an effective comms plan

I can't recommend Haptivate highly enough. They're subject matter experts who make exploring happiness, wellness, and health at work relevant and interesting. Their workshops support us to incorporate health and wellbeing into everything.

David Benson
Head of Organisational Development, Catalyst



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
- Identifying challenges and setting goals
- Exploring scenarios through roleplay
- Brainstorming ways to create a happier workplace
- Developing a wellbeing action plan for your organisation

A free digital resource pack

Including:

- The workshop slides
- Wellbeing champion toolkit
- 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!

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.

Working with Haptivate helps us to take practical action to address wellbeing. 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



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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