



Haptivate



## **Wellbeing skills for remote work**

Practical strategies to stay happy, motivated  
and productive while working remotely

## Wellbeing skills for remote work

Explore practical strategies, techniques and best practices you can use to stay happy, motivated and productive while working remotely.

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



Remote teams have different needs and challenges when it comes to maintaining wellbeing.

Both employer and employee need to account for this and be proactive about managing and maintaining wellbeing.

Utilising the latest scientific research and best practices from successful remote companies, we'll explore practical approaches to creating healthy routines, managing isolation and maintaining motivation.

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

- ⊕ identify and understand the specific ways that working remotely affects your wellbeing using a simple evidence-based framework
- ⊕ adjust your daily routine to incorporate techniques proven to benefit mental wellbeing without creating the stress of additional time pressure
- ⊕ enhance your home working environment in practical ways that support mental and physical wellbeing
- ⊕ recognise the common challenges remote work creates for organisations and apply best practices to create solutions with immediate benefits
- ⊕ cultivate a positive mindset by noticing and reframing negative thoughts using mindful awareness
- ⊕ harness the brain's achievement system to boost motivation using proven, repeatable techniques



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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.

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David Benson  
Head of Organisational Development, Catalyst





## What you get

### **Interactive online video 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:

- Recording of your workshop
- 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!

## 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.

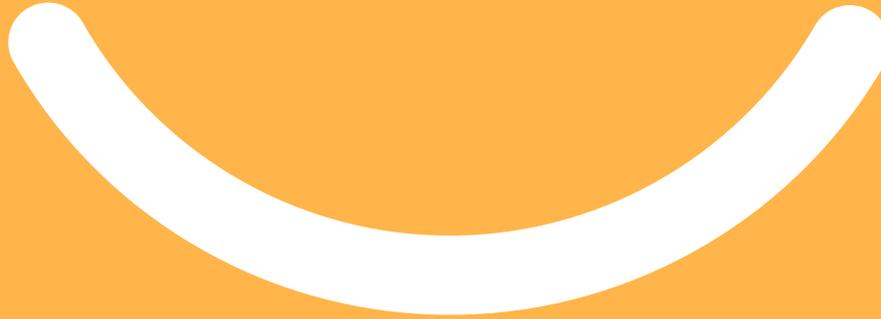
Get started with total confidence.

[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



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