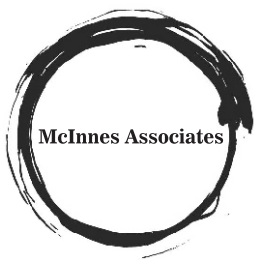


Wellbeing Workshops



Organisations that take wellbeing seriously show increased productivity (30%), engagement (40%) and creativity (50%).

We offer a range of wellbeing workshops, including:



Values & Wellbeing Workshop

Clarity on personal values has significant positive impacts on behaviour at work. Comfort with personal values mitigates any negative consequences of conflicts between personal and organisational values.

This workshop covers an interactive activity to clarify and reconnect with personal values. It includes how to set values-based goals, and the link between personal and team values.

Measuring Wellbeing Workshop

Strong functioning of the vagus nerve, measured via Heart Rate Variability (HRV), is linked to health and wellbeing outcomes. People with strong HRV experience more positive emotions, improved sense of social connectedness, improved creativity, better cognitive performance as well as positive physical health outcomes.

This interactive workshop based on Dr Rachel's research will cover the vagus nerves role in health and wellbeing as well as how to measure/hack your own vagus nerve via your smart phone.

Get in touch for an obligation free consultation or information on our employee wellbeing audit.

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