



Framing Statement

This session is grounded in a simple but often overlooked truth: the skills and conditions that support mental health are the same ones that enable healthy, effective organisations. Guided by the principles of Truth, Reason, Encouragement, and Empathy, the approach is honest about the realities of pressure and complexity, grounded in evidence and clear thinking, focused on building capability rather than blame, and rooted in a genuine understanding of human experience. Together, these principles create the conditions for clarity, psychological safety, and sustainable performance — where wellbeing and organisational outcomes strengthen each other.

Why Book This Session?

This session equips individuals with practical resilience tools to manage pressure, protect their mental health, and sustain performance at work. Crucially, what people learn at an individual level translates directly into team and organisational practice, supporting leaders and HR to strengthen wellbeing, improve retention, and foster healthier, more resilient workplace cultures.



Key Outcomes

- Apply practical resilience strategies immediately to manage workplace stress, uncertainty, and emotional demands.
- Improve focus and decision-making under pressure, reducing the impact of overwhelm on performance.
- Recognise early signs of burnout in themselves and others and take preventative action.
- Strengthening boundaries and recovery habits to sustain energy, engagement, and wellbeing.
- Contribute to psychologically safer team environments where challenge and support can coexist.
- Support organisational priorities around retention, wellbeing, and sustainable performance during change.

Session Summary

This session delivers practical, evidence-informed resilience strategies that support both wellbeing and performance under pressure. Through a grounded, human approach, it equips staff and leaders with tools to manage stress, prevent burnout, and remain effective through change and uncertainty. For organisations, it supports key HR priorities including retention, psychological safety, and healthier workplace cultures — offering value beyond inspiration alone.

Professional Perspective & Fees

This work is informed by extensive frontline and cross-sector experience, offering insight into how organisational pressures are experienced in practice. Fees reflect senior-level expertise and the care involved in delivery, with typical organisational bookings ranging from £3,500–£6,000. Tiered pricing is available for public sector and third-sector organisations.