

WHO WE ARE

We are a national charity with over 20 years' experience in promoting the emotional health of adults and children and developing positive, healthy relational cultures

WHAT WE CAN HELP YOU TO DO

- Improve working relationships to increase motivation, retention and wellbeing
- Lay the foundations for positive mental health and wellbeing in a cost-effective, sustainable way
- Enhance the emotional health of individuals, teams and the organisation as a whole
- Create healthy habits of relating to each other to support teamwork and collaboration
- Strengthen outward facing client relationships
- Develop family friendly policies and practices
- Connect your ethos and values to the day to day experience of your employees

HOW WE WORK WITH YOU

- Consultation to hear your concerns and identify your training needs
- Discuss with you your most recent staff survey
- Practical, interactive training and workshops for large or small groups
- Follow up surveys to identify the impact of the training and any further needs

CONTACT US

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