



Thrive Safe

AFFIRMING EMPOWERMENT

Workplace wellbeing support

Workshops & Webinars

Consultation

1:1 support

www.thrivesafe.co.uk



What do we offer?

Bespoke packages tailored to suit the needs of your company or organisation.

- Consultation & Strategy

Review and development of methods in place to approach wellbeing and improve staff performance

- Information Workshops

Workshops on a variety of topics including:
wellbeing, culture development, resilience, stress
management and understanding the impacts of
abuse and trauma

- 1:1 Support & Signposting

Direct support for staff who want to learn more about their own needs or how to support others





Modular Content

Bespoke packages allow you to tailor webinars and workshops to your needs including topics on:

- Workplace mental health
- Professional boundaries
- Stress and wellbeing management
- Workplace culture
- Resilience and mindset development
- Understanding individual needs for balanced wellbeing
- Domestic abuse/violence
- Sexual abuse/violence
- Harmful sexual behaviours

"Goals are good for setting a direction but systems are best for making progress"



Bespoke module



Workplace mental health

- Understanding what mental health is
- Understanding the impact of mental health needs
- Understanding the relationship between work environment & mental health
- Developing positive workplace strategy to proactively support staff
- Exploring wellbeing reviews as a part of staff supervision



Professional boundaries

- Exploring what boundaries are
- Understanding the difference between personal & professional boundaries
- Understanding the impact of poor boundaries
- Developing workplace culture to protect boundaries
- Understanding the value of policy & protocol to support staff safety



Stress and wellbeing management

- Understanding what stress is
- Understanding the impact of stress to an individual
- Understanding how stress impacts the workplace
- Understanding burnout & how to prevent it
- Exploring windows of tolerance
- Improving the response to those experiencing stress
- The importance of proactive wellbeing management



Workplace culture

- Understanding what culture is
- Understanding why workplace culture is important
- Exploring what culture exists & how to improve it
- Understanding the needs of individuals & teams
- Supporting needs to develop positive culture

content summary



Resilience and mindset

- Understanding what resilience is
- Exploring methods to improve resilience
- Understanding the importance of mindset
- Exploring different types of mindset
- Exploring the power of the mind to improve wellbeing
- The connection between the mind & body



Individual needs for balanced wellbeing

- Understanding individual needs & the innate resources that influence our wellbeing
- Exploring how unmet needs can impact personal & professional lives
- Exploring methods of self-care
- Understanding support services available locally & nationally



Domestic violence/abuse (DVA) & sexual violence/abuse (SVA) awareness

- Understanding what DVA/SVA is
- Understanding the prevalence of DVA/SVA
- Understanding the impact to survivors
- Societal attitudes & barriers for reporting
- How DVA/SVA can present in the workplace
- Developing an appropriate response to support survivors



Harmful sexual behaviours (HSB)

- Exploring what HSB is
- Improving the response to young people
- Understanding a multi-agency response & support plan
- Understanding the impact for young people
- Exploring consent and dangers of sexting
- Exploring proactive methods of risk reduction
- Support for staff in their response or exposure to HSB

Why choose us?

Our Values

- Integrity and accountability
- Learning and development
- Passionate and compassionate
- Diligence and dedication
- Respect for equality and diversity

Our Mission

Making emotive topics easier to navigate using safe empowering environments, bringing positive change to our communities

Our Vision

Thrive Safe is committed to raising awareness of domestic and sexual violence. We are focused on improving the response to those in need by sharing experience and knowledge to breakdown the myths and stigma of experiencing abuse, trauma impact and mental health difficulties



Work with us to:

- Understand the value of workplace culture
- Create a proactive and positive workplace culture
- Improve confidence in navigating sensitive topics
- Improve business outcomes
- Reduce workplace stress impact and reduce burnout
- Improve productivity of staff
- Understand the needs of those around you
- Support survivors of abuse & trauma to feel safe to access support
- Understand your own individual needs and wellbeing management
- Identify support provisions available
- Improve coping strategies for stress & anxiety





CONTACT US



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