

# Thrive Safe 2024 Content

## Boundaries & Relationships (Personal & Professional)

Increasing safety through interactive exploration

 Email us for more information

 [thrivesafe.co.uk](https://thrivesafe.co.uk)

### Content

- Differences in personal & professional relationships & boundaries
- Relationship impacts to wellbeing
- The broad spectrum of healthy, unhealthy, and abusive behaviours
- Concepts of consent & harassment
- Varying gender experiences of violence
- The impacts of a loss of boundaries & the value of healthy relationships



This is the best session yet.

Plenty of information, lots of inclusion and discussion.

Would recommend.

“

We are not alone.

Very well delivered and inclusive... referred to the real world.

The concept was interesting.

”

## Why?

**23%** of the British workforce has been **bullied** at work

**75%** of domestic violence survivors are **targeted at work**

**27% women and 16% men** experienced **harassment** in last 12 months

# Workplace Wellbeing

Understanding the importance of culture, values, stress management, & resilience in supporting & improving workplace health & wellbeing



## Wellbeing Management

- Defining mental health, stress, and resilience
- Exploring the impact of mindset on stress and mental health
- Identifying coping strategies
- Understanding the workplace context of mental health management
- Understanding and preventing burnout
- Developing proactive support staff

“

Emma's content, delivery and pacing were spot on.

Her style is authentic, natural and confident. The presentation was clear, well-made and highly engaging. Looking forward to working more closely with Thrive Safe!

”

## Why?

**1 in 4 people** experience a common mental health disorder each week.

**17.1 million days** are lost each year due to stress, anxiety, and depression.

**94% of executives** and **88% of employees** believe that a distinct corporate culture is important to business success

## Culture & Values



- Understanding what culture is
- Understanding why it is important
- Exploring what culture exists & how to improve it
- Identifying individual and shared values
- Understanding the needs of individuals and teams
- Supporting needs to develop positive culture