



Garrett Learning
FACILITATE. COACH. INSPIRE.

WELLBEING HOUR

TAKING ACTION FOR YOURSELF,
FOR SOMEONE ELSE,
FOR ALL OF US





Employees who focus on their health and wellbeing are less likely to make costly mistakes

Garrett Learning proposes wellbeing hour to reflectively think about:

- **What burnout actually looks like - High performance and wellbeing are not opposites**
- **Introducing reset activities into the working day**
- **Commitment to own wellbeing**

GARRETT LEARNING

are running this interactive Wellbeing Hour as an opportunity to pause, reflect and explore practical ways to support your mental health at work - both for yourself and for those around you.

In a profession where pressure, pace and high standards are often part of daily life, it can be easy to overlook the small signs of stress and burnout.

Through thought-provoking coaching questions, group discussion and simple wellbeing practices, this session will help you recognise what supports your energy, identify healthier boundaries and discover realistic strategies that can make a meaningful difference to your wellbeing and resilience.

Expect a supportive, reflective and practical session focused on small sustainable actions, not perfection.



The programme is designed not only to develop skills, but also to:

- Build engagement and retention
- Strengthen organisational culture
- Improve customer experience
- Increase staff confidence
- Promote wellbeing and psychological safety

WELLBEING HOUR WORKSHOP OVERVIEW

Pre workshop

Objectives

To set the scene, as people register for the wellbeing hour, we will ask them to reflect on the following questions:

Suggested questions:

- Think about your typical day, what does it look like?
- What helps you feel mentally 'well at work'?
- What drains your energy at work?
- What one word describes how work has felt recently?

We will also encourage people to use this wellbeing hour to move from their normal/regular work location.

We'd suggest that they are comfortable, suggesting they could:

- Walk and listen/ Get out in nature
- Change up their location by sitting somewhere new/ different area in the work environment
- Feel free to get crafty, colour, do some gardening
- or enjoy a refreshing drink in their favourite place

Wellbeing hour workshop

Objectives of Wellbeing hour:

A thought-provoking session to help people notice patterns, reflect honestly and leave with some realistic actions.

Suggested activities:

A group coaching style approach with questions, suggestions and open and honest reflections. The learners can use the chat box, or unmute to share their thoughts. Smaller break out rooms will also be used.

We'll focus on creating a psychologically safe environment as we explore:

- Burnout and what it looks like
- Understanding one's own energy/self-awareness
- Discussing boundaries
- Identify how we can help and support others
- Introduce a 2-minute micro-pause
- Discussing small actions for microbreaks during the working day
- Enjoying the learners to personal commit to a new healthier habit to improve their mental health and wellbeing

Post workshop

Encourage the learner to share their personal wellbeing commitment with their line manager and colleagues and keep each other accountable to their wellbeing commitment.



ADD ON'S

We can make this is half day or full day workshop with optional add-on activities such as:

Taking action for yourself



- Personal wellbeing audit
- Micro-Break Experiment
- Visulisation activity
- Group walk
- Hobby corner
- Identify one change that would make the biggest positive difference
- Future you activity

For someone else



- Conversations around 'What helps/What doesn't'
- Coaching techniques with practice
- Encouraging reflection

For all of us



- Spotting the signs of people sturggling at work
- Discussing workplace behaviours to support wellbeing
- Safely share what workplace habits unintentionally contribute to burnout
- Wellbeing commitment wall

NEXT STEPS



We would welcome the opportunity to explore any further thought and questions with you.



GET IN TOUCH



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