Purple Beam

Achieving mental well-being in the workplace and at home for individuals and organisations

Investing in the well-being and development of your team not only enhances individual performance but also contributes to the overall success of your business.

In today's fast-paced and demanding business environment, issues related to anxiety, mental health, and work-related stress have become increasingly prevalent across industries. Sick leave due to these concerns has a significant impact on productivity, employee morale, and overall business performance.

Create a positive work culture that promotes mental well-being and employee engagement.

The Programs (In-person or online)

- ☑ Managing Stress and Anxiety in the workplace
- ☑ Overcoming the fear of public speaking
- ☑ Overcoming impostor syndrome
- ☑ Resolving conflicts within the workplace

With the workshops, your employees will learn quick, simple, and effective techniques to relieve stress and anxiety at work and home, improving overall mental wellbeing.

It is a fun, engaging and interactive workshop learning invaluable tools to use anytime, anywhere.

Why reducing stress and anxiety in the workplace is so important

An estimated **1 million** workers in the UK are absent every day due to stress.

70 million workdays are lost each year due to mental health problems in the UK, costing employers approximately **£2.4 billion** per year.

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What your employees will discover

- ✓ Employees will learn practical and simple techniques that can easily be applied anytime and anywhere.
- ✓ How stress and anxiety is a biproduct from the fight, flight, and freeze reaction. And how mental wellbeing techniques change this.
- ✓ Learn about neuroplasticity: Employees will experience the power of their own mind with fun, simple, interactive and effective exercises.
- ✓ What Impostor Syndrome is and how many people feel a loss of identity and struggle finding their own voice. Employees will learn how to create a mindset shift for more positive and creative thinking.
- ✓ Experiencing guided imagery to withdraw existing positive states and utilising them.
- ✓ Mindfulness breathing techniques that allow you to re-focus your thoughts for an inner-calm and to take back control.
- ✓ How to use empowering Emotional Freedom Techniques (EFT) with positive affirmations.
- ✓ As well as other effective psychosensory and Neuro Linguistic Programming (NLP) techniques

Engaging, interactive, and fun programs equipping individuals with invaluable tools and techniques

In-person or online, the Purple Beam programs focus on the mental-wellbeing of your team, creating a positive working environment

Employees will receive:

- ✓ Access to a guided imagery audio recording
- ✓ A Mental Wellbeing Techniques PDF Manual
- ✓ Private access to a bespoke EFT recap video for your company

Workshop details

The workshops are either in-person or conducted online. If in-person, I will come to you to give a bespoke and interactive workshop for your employees. Just as effectively, and in some circumstances more so, I can also carry out the training online via Zoom or other platforms.

The programs are 60- 90 minutes.

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Managing Stress & Anxiety in the Workplace

Addressing anxiety in the workplace is crucial for promoting employee well-being, productivity, and a positive work environment. Our anxiety relief workshops provide valuable strategies to manage stress and anxiety effectively. Join us as we explore why these workshops are vital for fostering a healthy and successful workplace.

- **Enhancing Well-being:** Anxiety relief workshops demonstrate a commitment to employee wellness, improving mental health, job satisfaction, and work-life balance.
- **Boosting Productivity:** Equipping employees with tools to manage anxiety enhances focus, decision-making, and workload management, leading to increased productivity.
- **Fostering a Positive Environment:** Anxiety relief workshops reduce stigma, encourage open communication, and promote a culture of compassion and empathy.
- **Improving Collaboration:** Workshops enhance teamwork by providing effective communication techniques and stress management strategies.
- **Reducing Absenteeism and improving retention:** Addressing anxiety helps decrease absenteeism and improves employee retention, creating a more stable and engaged workforce.

Embracing Authenticity: The importance of addressing Impostor Syndrome

Impostor Syndrome, a prevalent psychological pattern, can detrimentally impact individuals in the workplace, hindering their confidence, well-being, and overall performance. Recognising the profound influence of Impostor Syndrome, it is crucial for companies to prioritise addressing this issue.

- **Fostering Psychological Well-being**: Impostor Syndrome can lead to chronic self-doubt and anxiety, significantly impacting an employee's mental health. By addressing Impostor Syndrome, companies can foster psychological well-being, ensuring their workers feel valued, capable, and supported. This, in turn, promotes a positive work culture that prioritises employee mental health and reduces burnout.

- **Nurturing Diversity and Inclusion**: Impostor Syndrome can disproportionately affect individuals from underrepresented groups, such as women, minorities, or individuals with diverse backgrounds. By addressing this phenomenon, companies can actively foster diversity and inclusion. Recognising and mitigating the impact of Impostor Syndrome ensures equal opportunities for all employees, allowing them to thrive, contribute their unique perspectives, and build a more diverse and inclusive workforce.

- **Encouraging Innovation and Risk-Taking**: Impostor Syndrome can deter individuals from sharing innovative ideas or taking calculated risks due to fear of failure or being exposed as a fraud. By addressing Impostor Syndrome, companies can create a culture that encourages open expression, collaboration, and creativity.

Overcoming the fear of Public Speaking

Public speaking can be a daunting task, and the fear of speaking in front of others can hinder professional growth and success. Employees can quickly ascend the corporate ladder, finding themselves in managerial positions where they are expected to deliver presentations, despite lacking prior experience in public speaking.

Recognizing the significance of addressing this fear, we aim to empower individuals to overcome their anxieties and develop effective communication skills.

- **Cultivating Effective Communication**: Public speaking workshops provide employees with the necessary tools and techniques to communicate effectively. Overcoming the fear of public speaking allows individuals to express their ideas clearly, engage and inspire their audience, and contribute to meaningful discussions in the workplace.

- **Boosting Professional Growth**: Mastering public speaking opens doors to new opportunities and career advancement. Employees who can confidently present their ideas are more likely to be recognized as leaders within their organization, resulting in increased visibility, professional growth, and the ability to influence decision-making processes.

- **Enhancing Team Collaboration**: Effective public speaking skills contribute to improved teamwork and collaboration. Individuals who can articulate their thoughts and ideas clearly are better equipped to contribute to group discussions, express their perspectives, and engage in constructive dialogue, leading to enhanced team dynamics and collective problem-solving.

- **Increasing Confidence and Personal Development**: Overcoming the fear of public speaking boosts confidence levels and enhances personal development. Employees who can deliver impactful presentations and confidently address audiences are more likely to take on leadership roles, seize new opportunities, and make a lasting impression within their organization.

Contact Details

Contact Person: Mark Barber

Direct No: 07810 371551

e: mark@purplebeam.co.uk

w: purplebeam.co.uk