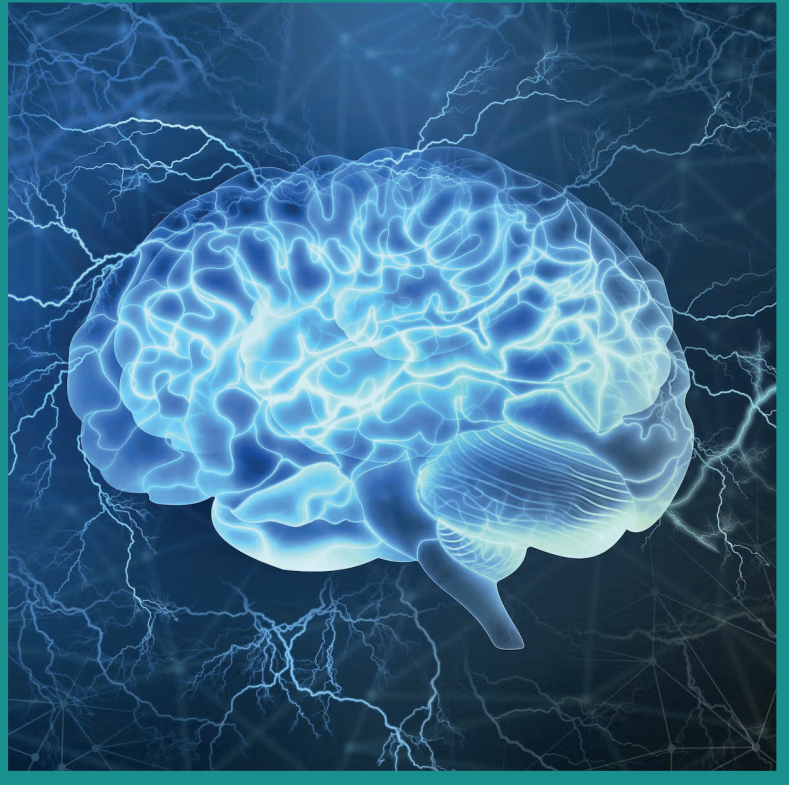


Is Mental Health, Resilience & Wellness Causing Your Business a Headache?








Fascinating insights

co-delivered by a leading keynote speaker on mental health & a global HR leader.

A **strictly authentic** sharing of both real life & business experiences.

Helping you as managers, leaders and HR professionals create a more **engaged, attractive & resilient** working environment.

We can help:

-  provide an understanding of what good & bad mental health looks like
-  provide a practical set of skills to improve and maintain mental health
-  build a wellbeing strategy
-  develop healthy behaviours
-  drive a healthy culture of performance

Do you want to create a great place to work?

Wellness & resilience, supported by the right culture, makes good business sense. It is also one of many challenges facing the HR & Business world to get right.

Our workshop helps HR professionals, policy makers, leaders & managers feel less anxious and more in control to create a work space that is healthy, valued and where both people and performance can thrive.

Staying sane in an insane world? Your people will thank you for it!

Meet the Speakers



Jeremy Thomas

Jeremy is a published author and inspirational speaker focusing on good mental health. The fundamentals of Jeremy's talks and workshops are authenticity, humour and practical solutions. By recounting his own story and unpacking a tool kit of coping strategies, Jeremy ably demonstrates that prevention really is better than cure. The main aim of his work is to normalise the subject of mental health, replace any stigma with a sense of fun and make the subject accessible and something to be embraced. He is engaging and hugely knowledgeable on living with good mental health – he will take you on a journey and show you how to surf the waves and keep swimming.

“Jeremy Thomas is a complete original. His writing, like his life, is a whirlwind of brilliance, wonder and blunder, by turns hilarious and terrifying. Highly recommended”

Stephen Fry



Stacey Lambert

A Fellow of the CIPD, Stacey is an experienced Global HR Professional, Executive Coach and qualified Psychotherapeutic Counsellor. Stacey's HR Leadership experience spans some 25 years, gained from within large multinational and FTSE100 organisations within the sectors of Finance, Banking, Learning, Education & Healthcare. Leader experience of change management, transformation and strategic cultural development are all in the kit bag! Through the lens of her wealth of knowledge and practical know how she will offer HR Professionals, Managers and Leaders credible insights into how to shape good practice & policy to support and develop a more resilient, positive and healthy workplace. Stacey will inspire you with her empathy and understanding of managing in such a complex and diverse world of business where people really are the business.

What to Expect

Half Day Workshop

PART ONE: Keynote: An in-depth trajectory of a mental illness and how it was overcome. Plain speaking from the heart and mind of someone successfully living, coping and managing everyday life. Using a unique dashboard of mental health dials, the markers of good mental health are explained and practical tips offered on how it can be maintained. This entertaining, engaging talk will provide real insights. It will de-bunk myths, normalize and give hope to those who are either suffering or are supporting someone with poor mental health. Dashboard demonstration and a free guide to take away.

“Jeremy transfixes his audience with a story that enthrals, engages and astounds. He changes your understanding of mental health forever, conveying insights and techniques that build awareness and resilience. Unforgettable.”

Dr Keith Rutherford, R&D Vice President, Unilever.

PART TWO: Senior HR Professional/Mental Health & Wellbeing specialist: Facilitation, coaching & guidance for HR, Leaders, Managers. Working with the challenges of the current HR & legal context of our evolving world of work in the millennial age. Retention, Productivity, Engagement & being a company where people can choose to leave but choose to stay. Facilitated discussion, case studies and use of practical workshop content. Learner outcomes will be thought provoking guidance on practical solutions to help with the development of a more healthy and resilient organization.



Book Now

Half Day Workshop, delivered in person on-site
(Recommended maximum 40 delegates)

from **£3995** (excl VAT)

To book:

Simply email JeremyTalks at enquiries@jeremythomastalks.co.uk

<https://jeremythomastalks.vhx.tv/browse>

We are also able to offer a virtual learning experience, adapted to accommodate a remote workforce – please call us for further details.

For more information regarding fees and video of Stacey Lambert and Jeremy Thomas please click below

<https://jeremythomastalks.co.uk/>

