



Thriving in the Modern Workplace

An evidence-based psychological skills training programme designed to increase resilience, well-being and effectiveness in the workplace.

Today's workplace is characterised by unique challenges represented by greater information flow, rapid connections between people and faster innovations and developments. This is not necessarily a problem if we can learn to respond in ways that are conscious and flexible.

Through learning and practicing ACT and mindfulness techniques, this programme enables people to develop helpful and effective responses to the modern working environment by:

- Enhancing self-awareness
- Accepting unhelpful thoughts and emotions in order to reduce their impact
- Committing to values-based actions as an alternative to 'life on autopilot'
- Finding greater purpose, direction and meaning in life and work

Consisting of six 90 minute modules, this programme can be delivered through 'lunch and learn' sessions or a one day workshop with a half day follow-up session.

The impact of ACT (Acceptance and Commitment Training) in the workplace

Having been researched by leading universities from around the world, it has been found that workplace ACT programmes benefit participants and organisations in the following ways:

- Increased well-being
- Reduced work stress
- Reduced absenteeism
- Reduced burnout
- Improved performance
- Increased resilience
- Increased positive leadership behaviour
- Increased innovation in problem solving
- Improved mental health
- Improved productivity

The delivery team

The programme is facilitated by consultants from our team.



Jill Chapman is a Chartered Occupational Psychologist, executive coach and workplace mindfulness trainer. She enables people to be at their best, achieve their ambitions, and to feel motivated about what they do.



Dr. Joe Oliver is a Clinical Psychologist who has worked in the UK National Health Service for over 13 years and is currently a Cognitive Behavioural Training Lead. He delivers ACT-focused training, supervision and individual interventions.



Jon Hill is a Forensic Psychologist, corporate trainer and executive coach. He develops leaders and employees to become healthy, resilient and psychologically flexible.



Terry Sexton is a Business Psychologist and executive coach with an MBA. He develops leaders to be successful in today's increasingly volatile, uncertain, complex and ambiguous business environment.

Interested in finding out more?

If you would like to find out more or want to experience a 'taster' session please contact us at either:

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