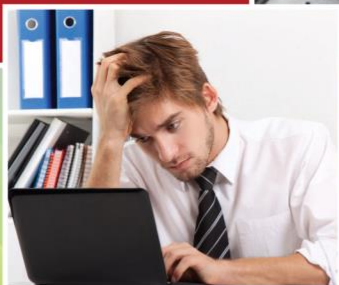


# IMPACT Wellbeing Programme

## Workplace Wellbeing for Adults

A simple, adaptable programme to help effectively manage stress and improve wellbeing in the workplace.

People are taught simple relaxation techniques with a mindfulness-based approach. They gain an understanding of the causes and effects of stress and develop skills for life.



Used by those responsible for corporate and staff wellbeing; for individual stress management and team training.

IMPACT Wellbeing Programme helps people to:

- Understand and manage stress
- Feel calmer and improve concentration
- Gain confidence
- Develop friendships / good relationships
- Improve their physical, mental and emotional health

[www.touchlinetraining.co.uk](http://www.touchlinetraining.co.uk)

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# Instructor's Training

## Develop skills for life

Resources available to download from the Touchline Training website.

Adults attend a one-day IMPACT Wellbeing Programme training course; Workplace Wellbeing for Young People and Adults.

Instructors teach individuals and groups using one-off sessions or a series of workshop, to deliver the programme.

*"A lovely, calming session; very well explained and easy to understand."*

*Teacher, Staff Wellbeing Workshop*

*"It will complement my existing skills and knowledge and will be a programme I can use."*

*Instructor, NHS Manager*

## Make wellbeing YOUR concern!

For further details visit: [www.impact4wellbeing.co.uk](http://www.impact4wellbeing.co.uk)

For your local instructor please contact:

**Your name**

T:

E:

W:

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