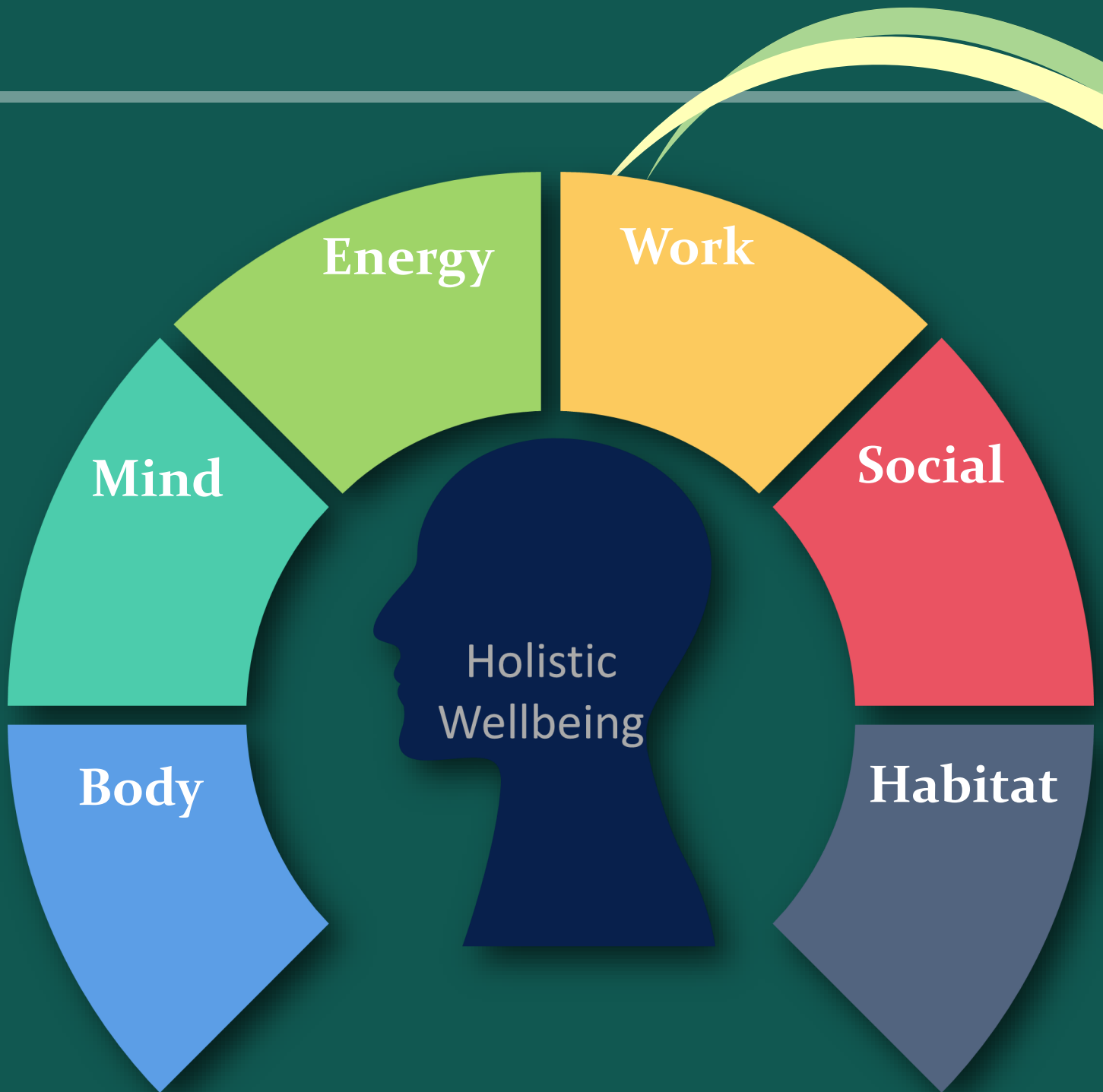


# CORPORATE WELLBEING PROGRAMMES



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[www.hcoe.ie](http://www.hcoe.ie)



- WELLBEING FOR LEADERS
- THE BUSINESS CASE FOR WELLBEING
- STRATEGY FOR IMPLEMENTING WELLBEING PROGRAMMES
- PREVENTING BURNOUT
- MENTAL FITNESS-BUILDING RESILIENCE
- DECISION FATIGUE SOLUTIONS
- STRESS & ANXIETY SOLUTIONS
- COMMUNICATION SKILLS
- GOAL SETTING
- RESTORATIVE RETREATS
- WORK RELATED STRESS & ANXIETY
- EXPLORING MISSION & PURPOSE
- CALIBRATING VALUES
- FINDING PEACE IN A TROUBLED WORLD
- TEAM BUILDING
- MEDITATIONS
- ONLINE SUPPORT PROGRAMME
- MENTORSHIP OPTION
- HOLISTIC WELLNESS CONSULTANCY
- TRAINING ON-SITE WELLNESS MANAGERS
- OPTION TO INCLUDE LIFE PARTNERS
- WORK SPACE DESIGN

## WELLBEING PROGRAMMES

### HOLISTIC

Our programmes are Holistically created to provide a real-time experience for each participant. Whether it is a group of 10 or 500, our attendees report feeling significantly better after just one of our 2 hour presentations.

Anna Gibson-Steel has been creating workshops for over 20 years, and her vast experience with Holistic Wellbeing Education and Private Clients underpins her light-hearted presentation manner. Her passion for the field is contagious, and she believes that we learn best while having fun. Her interactions with audiences allow each member to have a real-time live experience of improving their personal wellbeing, this moves her presentations from information sharing to what she considers to be a true learning experience that will not be forgotten.

HCOE programmes are always Holistic, and include the five pillars of wellbeing–

Physical, Mental, Emotional, Family/Society, Work/Financial Health.

### BESPOKE DESIGN

We create initiatives that foster a healthier, happier and more connected workplace

We thrive on creating unique programmes for each Corporation based on their specific requirements and objectives, for a single event or on an on-going basis. After the initial consultation, data is collected and then analysed. We create and present an action plan for approval. Upon delivery of the programme we collect feedback from each participant. An evaluation of the data is presented at the report meeting where follow up supports can be negotiated. Events can be delivered on-site or off-site, for any duration-eg 2 hours per week over 3 months, or off-site over a few days.

### SELF-SUFFICIENCY

**Train Your Own In-House Wellbeing Ambassadors**

Holistic Centre of Excellence is a private Third Level College, and we are passionate about sharing the benefits of Holistic Wellbeing. To date we have trained over 600 Therapists and over 40 Holistic Therapy Teachers. We are in a position to offer trainings to staff as Wellbeing Ambassadors so that your Corporation may become self-sufficient. We also offer Mentoring to our Graduates, to assist in supporting and keeping our Graduates up to date with new developments. We can train staff to deliver wellbeing programmes within their own organisations, such as mindfulness, energy balancing, stress reduction, dietary/environmental health advice etc.

## INTERNATIONAL RETAIL CHAIN

In our very target driven, international sales performance world, it is easy to forget the bigger picture. Your programme totally taught us to look at things differently, and it really emphasised that if we, as business managers get our minds right then everything will flow more naturally. I would highly recommend your programme, in fact, I would say it is CRUCIAL to anyone in business now, as we need to be firing on all cylinders to thrive. You have opened our eyes, inspired & enlightened us. Anna you fascinated us, with your infectious attitude to life, highly, highly recommend this programme

## INTERNATIONAL PHARMACEUTICAL COMPANY

Thank you Anna, the collective response from ALL of my colleagues, your programme was insightful, full of positive energy, presented so well and with such articulation, so informative and clearly you Anna, as the presenter are so well informed. It was described as the best training we have ever had.

## UNIVERSITY ACADEMIC STAFF TRAINING

A humongous thank you, I have been inundated with emails from staff, saying how amazing your programme was, how much they enjoyed it, how relevant it is to their lives, & of course your energy is off the richter scale, all positive energy. They said it was EXACTLY what they needed. I had to send you this as I was very conscious of that parable of the lepers who were healed and never went back to say thank you, so you healed us all and we really appreciate it. We look forward to having you with us again soon.

## TESTIMONIALS

### Business Leaders Summit

Anna, as host of the summit, we have considerable experience in alternative health and wellbeing, as well as vast experience in global communications. I most certainly will be recommending your services at every opportunity and congratulate you on bringing such a strength of authenticity, it genuinely had a positive contagion effect. You were welcoming, energised, professional and just a joy to connect with, as well as been energised myself, I observed first-hand the value you brought.

### International IT Company

This weekend training has been absolutely transformative, not just for each of us individually but also for our team. Alessandra is an amazing trainer, her professionalism, dynamic and humorous style is a joy to engage with. Although a huge amount of content was covered, it was so varied and interesting that the time flew by. Each member of our team has reported feeling uplifted, energised and motivated. Our company looks forward to a bright future of Wellness in all five pillars, thank you HCOE

### CEO International Travel Company

#### 4 day off-site training for Directors and Partners

Hi Anna, I've been meaning to write to you and thank you so much for the wonderful experience you guided us all through last weekend. It was absolutely fabulous. Everyone felt it was so rewarding and enriching. Rave reviews. I drove down with our CFO and he was full of praise for the program and your enthusiasm. He said he felt renewed. Job done. I have referred to the notes I took on several occasions already in how to deal with daily situations. The wellbeing team have a meeting next week in my absence to review and to discuss implementation and the next steps... intent, be precise, set targets, how to action and then celebrate. It was also a wonderful social bonding experience for directors and especially partners. Alessandra and yourself were both magnificent. I've already told our Directors we now need to consider bringing managers, HR team and especially shipping department onboard the program and I'm sure we will discuss your participation in that process.

### UHL Staff Wellbeing Event

Anna came to give a presentation at our Health & Wellbeing Day for all staff of UL hospitals. Her talk focused on stress and managing self-care. It was certainly the highlight of the day. The staff found the techniques Anna taught us to be so simple yet effective for everyday life. It really gave the frontline staff a little bit of time out from what can be an extremely busy and stressful environment. For that we are truly grateful.

Clinical Nurse Manager

## Components for Wellbeing Programmes

| Title   |
|---|
| Wellbeing for Leaders   |
| The Business Case for Wellbeing                                     |
| Strategy for Implementing Wellbeing in the Workplace                |
| Wellbeing Consultancy   |
| Preventing Burnout  |
| Mental Fitness- Building Resilience                                 |
| Decision Fatigue Solutions  |
| Stress & Anxiety Solutions  |
| Communication-Exploring & Developing                                |
| Goal Setting  |
| Restorative Retreats—1 day, weekend, full week. On-site or off-site |
| Exploring Mission & Purpose   |
| Meditation & Mindfulness  |
| Team Building   |
| Wellbeing Ambassador Trainings                                      |
| Mentorship Programmes   |
| Online Support Mental Fitness Programmes                            |
| Work Place Design   |

**Anna Gibson-Steel at [Holistic Centre of Excellence.com](http://Holistic Centre of Excellence.com)**

To Book a Wellbeing Programme please contact our Events Manager -[peggy@hcoe.ie](mailto:peggy@hcoe.ie)

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