

One Day Workshops

Friday 20th October 2006 – Edinburgh

Friday 9th February 2007 - Edinburgh

Would you like more happiness in your work or personal life?

When you feel good, do you get better results at work?

Would your organisation benefit from happier, healthier staff?

The **Pure Happiness Emotional Wellbeing Programme** is a unique concept in realising your potential through exercising the mind as well as the body.

What really works is the powerful fusion of leading approaches to personal excellence and wellbeing including personal development tools, NLP, relaxation techniques, applied psychology, visualisation, movement, kinesiology and endorphin effectiveness.

During this inspiring day, participants will learn effective techniques they can easily apply every day at work and in their personal lives, to quickly achieve better results and enhance their emotional intelligence, happiness and wellbeing.

In particular, participants will discover how to overcome everyday challenges by focusing on desired outcomes; better managing their emotions; boosting their energy levels; establishing a positive approach to self, others & events and taking responsibility for creating results.

"This has been the most fun and valuable training day I have ever taken part in. I learned lots of techniques to apply in work and life generally. Brilliant!"

Ron Dillin, Lecturer, STOW College

"This was a team event with a difference! As well as the obvious benefits that taking time out together as a team brings, we found the sessions stimulating, thought provoking and fun, and importantly discovered some new tools that can be applied equally as well in the workplace as in our private lives."

*Janice Gray, Deputy Manager,
Pensions Group Solution Centre*

"This has made me realise that it's not up to other people whether I have a good day or not – it's up to me."

*Christine Miller
HR Officer, Zonal Retail Data Systems*

What difference would happier, healthier and more productive staff make to your organisation?

Contact Alisoun today on 0845-226-8451 or alisoun@purehappiness.co.uk for further details.

The cost of this unique learning experience is only £245 (+VAT) per person.

Workplace Services

The **Pure Happiness Emotional Wellbeing Insights** can be delivered in a variety of formats to suit the specific needs of your organisation.



The Happy Hour

A popular and uplifting event for conferences, client entertainment, wellbeing, induction or team building days.



One Day Workshop

During this inspiring day, participants will learn simple tools and techniques they can immediately use to easily boost their happiness wellbeing and effectiveness in the workplace.



3 Month Programme

A regular series of seminars and/or 1-hour classes, which will enable participants to practice new techniques and develop healthy habits for enhanced happiness and wellbeing.



One to One Consultations

Our trainers are qualified to deliver a range of solutions on a one to one basis including coaching, NLP & hypnotherapy. This type of intervention is particularly effective for those wishing to enhance their performance, cope better with stress, boost their confidence or to support those who are facing redundancy or returning to work after a long absence.



Bespoke Solutions, Training & Facilitation

For clients looking for bespoke solutions, our programmes can be delivered over differing timescales and/or be tailored to meet specific needs e.g. to better manage stress, cope with change or boost personal motivation.

We also offer training on various topics (including a range of soft skills, NLP, life balance and self esteem), training consultancy and event facilitation.

Employee benefits

The primary aim of our 3 month, emotional well-being programme is for participants to learn how to easily boost their daily happiness, wellbeing and productivity in the workplace.

100% of participants confirm they have improved daily happiness & wellbeing

Dependent upon the unique needs of each person, participants also cite a wealth of additional benefits, as a direct consequence of attending the programme, including:

- 75% are more motivated
- 75% are better able to handle stress
- 75% feel better about themselves
- 50% have improved working relationships
- 50% now cope better with change
- 50% have more energy
- 50% are more confident in the workplace
- 50% are more proactive

Organisational benefits

- A happier, healthier & more productive workforce
- Improved relationships, flexibility and attitudes among staff
- Lower absenteeism
- Contribution towards national initiatives (e.g. SHAW Awards) and HSE guidelines
- Increased profitability
- Enhanced long-term staff retention
- A shift in cultural attitudes