

Promoting workforce wellbeing



Group Decompression Sessions

- Offered to a whole team
- Can work across an organisation
- A time to decompress or unload in a safe facilitated space
- Are confidential
- A space where you can find strategies to move through issues and feeling
- Described as mutual support groups
- The coach supports and facilitates exploration of wellbeing strategies

I learnt that being resilient is about your ability to pick yourself up and to understand your lows

Blend Survey

Supporting recovery

Service based organisations have gone through a tough few years. Continuing to deliver support and services whilst navigating the pandemic. Staff report exhaustion, high levels of stress and anxiety and are still trying to make sense of their experiences. We can offer a range of support in this space for leaders and teams.