

Welcome

to a new way to safeguard colleague resilience

Designed to be experienced as a 12 month package, the Colleague Resilience Programme (CRP) sets out to:

- **Promote good mental health**
 - **Provide daily support**
 - **Build strong emotional resilience**
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Key business benefits are:

- **Improvement in productivity**
- **Maximisation of resources**
- **Reduction of sickness absence**

In brief; the programme includes:

- regular webinars that cover a wide range of potential issues, such as anxiety, confidence, procrastination and stress,
- access to online courses and monthly, proactive meditation recordings,
- daily strategies for mental well-being, delivered via our app and online support, and;
- 24/7 access to a qualified counsellor/therapist*

We're here, ready, whenever we're needed.

* available on the Tier 2 plan

In detail; what are the benefits for colleagues?

The CRP is designed to help people to:

- be able to manage their stress levels and therefore become more resilient
- feel happier and more content about their work and life
- develop positive patterns of behaviour
- become more in control of their thoughts and feelings
- have access to a variety of different techniques and options rather than a “one size fits all” meaning they can find what works best for them
- be better able to manage issues in both the workplace and their personal life
- become more focused and effective in what they do.

In detail; what are the benefits for the business?

The CRP will promote:

- Colleagues who are:
 - more efficient and productive
 - more focussed and “present” during work hours
 - less distracted by other concerns such as what’s happening in their personal life
 - better at making effective decisions
- improved retention of colleagues
- increase in colleague loyalty
- a wellbeing program that will attract the best candidates
- good morale and the right workplace culture
- reduced absenteeism due to mental health issues and stress
- reduction in presenteeism rates
- lower colleague turnover.

What does CRP cost?

As you have seen, CRP provides a full range of techniques, available 24/7, to offer to your colleagues.

To access this programme, there are two plans available:

- **Tier 1:** starting at £12 +vat per colleague per year
- **Tier 2:** starting at £30 +vat per colleague per year, dependent on the number of colleagues

	Tier 1	Tier 2
Daily strategies for mental well-being	✓	✓
Online courses covering anxiety, stress and depression	✓	✓
App based, online support	✓	✓
Access to webinars	✓	✓
Live Group meditation	✓	✓
Monthly meditation audio	✓	✓
Proactive	✓	✓
Non-intrusive	✓	✓
Responsive	✗	✓
24/7 access to a qualified counsellor/therapist (via phone, email, FB message and Whatsapp)	✗	✓

The CRP is a product of The Happiness Club Limited. For more information please contact: Jo Howarth - jo@thehappinessclub.co.uk

Testimonials

The only question left now is; does it work?

“ Last year I felt like I was having a breakdown. Daily anxiety attacks, chest pains, unable to cope with day-to-day life... the stress was eating me up. The daily Happiness Club messages made me think and question how I looked at the world and the choices I had the power to make daily. I realised the importance of perception. I learned self-forgiveness. I let go of baggage from the past. But possibly the most helpful life changing lesson I learned was this; that I can choose how to react to the situations I come across. That right there was the magic power. ”

“ Jo has been an invaluable source of comfort and support during one of the lowest periods of my life so far. Her Happiness Club group has allowed me to ask questions in a safe environment to work through my feelings, and I've started writing out my daily glads which have really helped me focus on the more positive aspects of every day. I'm still on my journey, but Jo's help has been instrumental in me making it this far. ”

“ I would personally recommend The Happiness Club to anyone trying to improve their life. My overall attitude towards life has been improved more than I ever thought it could've been. Thank you so much Jo, you have really made me feel as though I can combat anything in all walks of life; from personal to professional interactions. ”

Partnerships

We are proud to have agreed partnerships with a number of amazing companies who offer invaluable services.

You can find a summary of each of those below, please let us know if you are interested in more information about one or more of them.

Lifetime

Lifetime provide a financial wellbeing programme that helps employees understand their finances.

The programme gives them a personal financial plan, tailored educational videos and webinars, dedicated coaches and a secure online members area. Content and education have important roles to play in their financial wellbeing programme but ultimately it is about empowering your people to feel confident to talk about and engage with their own financial journey.

My VIP Rewards

My VIP Rewards (formerly My VIP Card) are a multi award winning corporate benefit that reward people and community, founded by Maddy Alexander-Grout, a specialist on employee recognition and retention.

We help corporate and SME clients to reward their employees, members and clients with an easy to use app that helps your people to save thousands of pounds a year on the products and services they use the most.

Pain Map

Pain Map is designed to help you look after your staff's physical wellbeing and assist them in being pain-free, reduce absence due to musculoskeletal pain, one of the leading causes of absence in the workplace and improve performance.

If staff are in pain they will be less productive and effective. Pain Map is a free web app where you can quickly find out what's causing your pain, and how to relieve it.

Keylu

Keylu lets you secure your important, legal, financial and personal information and make it available to the right people at the right time.

It helps you get everything organised in one place, helping to create an incredible legacy and crucially meaning you've sorted everything out for yourself and your loved ones should anything happen to you.