

PLATFORM WELLBEING



ORGANISATIONAL WELLBEING
COMPASSIONATE WORKPLACES
THRIVING TEAMS

35 years of
experience building
thriving environments.

PLATF^{FORM}

For mental health and social change

WHO ARE WE?

We work alongside leaders and organisations, providing training and guidance to create the circumstances to thrive.

WHY ARE WE DIFFERENT?



Relational approach

Through all levels of your organisation.



Trauma-informed

Understanding that our experiences impact our mental health differently.



Compassionate workplaces

Prioritising connecting with staff, building trust and humanising processes.



Healthy environments

Creating the conditions for good communication and staff who feel valued and listened to.



Part of Platform

35 years of experience working alongside people, communities and organisations.

WORKPLACE TRAINING

Our training offer can be tailored to the needs of your organisation. For team leaders, managers, senior leadership and the general workforce.

TOPICS CAN INCLUDE:

- Burnout and how to prevent it
- Managing anxiety and stress
- A relational approach to mental health
- Compassionate leadership
- Strength based approaches for support services
- Reflective practice skills



START A CONVERSATION WITH US

If you are unsure about your specific requirements and where to begin, that's ok, we can work that out together.

hello@platformwellbeing.com
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Find out more
platformwellbeing.com



INVESTORS IN PEOPLE
We invest in people Gold

WELLBEING CONSULTANCY

We offer **psychology-based consultations** that help in understanding employees' experiences and providing personalised advice to support **positive workplace culture changes**.



“ IT SETS A BRILLIANT FOUNDATION FOR US IN HOW WE MOVE FORWARD IN A COMPASSIONATE WAY ”

REFLECTIVE PRACTICE AND SUPERVISION

One way we can look after each other and ourselves is by **making space** for thinking and reflecting on everything happening around us.

It can create clarity about what is happening, what is working and what can be done differently.

COACHING

One-to-one, bespoke support designed to **develop leadership skills, decision-making, and strategic thinking**.

COUNSELLING SERVICE

bacp | Accredited Service
collective mark

Our mental health can be affected at different times and in different ways throughout our lives, so providing professional support can be a real benefit to your staff.

Our counsellors specialise in a wide range of talking therapies for employees, **whenever its needed**.

“ SUPERVISION HAS BEEN INCREDIBLY BENEFICIAL. IT PROVIDES COLLEAGUES A SAFE AND SUPPORTIVE SPACE TO REFLECT ON CHALLENGES, REDUCE STRESS, AND GAIN VALUABLE INSIGHTS ”