FIND OUT MORE FOR FREE!

JKChangeWork
Therapeutic Coaching & Personal Change

Therapeutic Coaching for Personal & Professional Change.

Meaningful resources for lasting change

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Get in touch to explore a tailored package for your organisational health & well-being needs.

JKChangeWork
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WORK PLACE WELL-BEING

ENHANCING YOUR WORKFORCE. HEALTH, HAPPINESS & MOTIVATION

WHAT'S IT ABOUT?

JKChangeWork offer therapeutic coaching and change-work sessions for personal & professional change.

Sickness and Presenteesim cost UK companies £554 per employee per year on average & an estimated 77.5 billion to UK companies overall in 2018*

At JKChangeWork we aim to give people valuable resources through a coaching approach to ensure a happier, healthier life.

People spend most of their lives in a work setting & yet there is still plenty of growth for organisations to put health and well-being at the forefront of staff personal development.

In simple terms JKChangeWork help staff think, feel and do differently, for the better.

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THE BENEFITS

- Reduce Sickness & Presenteeism
- Enhance motivation & productivity
- Increase staff skills & capabilities
- Healthier & happier staff
- Improved resilience
- Enhance team dynamics
- Staff proactively prioritise their own well-being
- Reduce costs: turnover/sickness
- Prevent stigma & mitigate bullying/harassment

*CIPD 2018

COACHING PACKAGES

1:1 COACHING SESSIONS

1:1 therapeutic coaching sessions provide staff a safe space to establish and reach goals & improve health & well-being. Whether it's anxiety, stress, work/life balance or gaining focus, improving motivation and managing time better. Sessions last 60-90 minute and enable staff to build ways into their daily routine to make work a place to thrive & be confident.

COACHING IN NATURE TEAM DAYS

Escape the office & experience time out in nature with your team improving health and well-being & giving space , skills for your team to grow together. (Tailored for you!)

A Flavour of JKChangeWork Workshops

- Conflict Resolution
- Communicating Confidently
- Stress Management
- Focus & Motivation
- Time Management/ Dealing with deadlines
- Resilience

WORK PLACE WELL-BEING STRATEGY

A 12-18 month programme for organisations looking to implement health and well-being strategies for longer term organisational change. Create a culture where healthy mind & body are an essential part of staff development.

A 4 STEP WELL-BEING STRATEGY

- **STEP 1** - consultation, information gathering & insight. Exploring current position and establishing desired objectives.
- **STEP 2** - Facilitated staff away day to co-create a workforce well-being strategy
- **STEP 3** - Report/Action Plan and Implementation of recommendations.
- **Step 4** - Support delivering objectives and measuring impact.

WHY HAVE A WELL-BEING STRATEGY?

- Improve staff morale, motivation & well-being.
- Promote a culture of health & well-being
- Enhance confidence & autonomy
- Implement lasting change.
- Reduce sickness /Increase satisfaction
- Be a examplar in your sector.