



Supporting you during the COVID-19 crisis

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Against a backdrop of economic uncertainty and a massively volatile environment, our mission remains unchanged. We are confident that:

Leading organisations will continue to rely on our expertise to help them select, develop and retain the people who keep them in business.

All that's changed is how we will deliver this support!

Assessment for Selection and Development

The requirement to attract and assess the talent that you need is not going to go away. Now, more than ever, it's going to be companies that have the best people which will survive and go on to prosper. We have done **remote video-based assessment** for selection and development for many years, so you are in good hands.

Virtual Team Development

You will need to lead and relate to your colleagues differently. This impacts the feel-good sensation that we all experience when working alongside people in a closely-knit team. Not all team development needs to be done with everyone in the same room. We can **work with whole teams, remotely**.

Anytime Coaching

At times like this, people need more psychological support. We offer a simple solution through our Anytime Coaching model. This gives your staff 60-minute remote video coaching with a highly trained and experienced professional to help deal with whatever is on their mind. Simple to book and extremely flexible, this is one antidote to stress and isolation.

“Above all shadows rides the sun.”

J. R. R. Tolkien

Wellbeing Webinars

Resilience Works™

In our flagship webinar, learn our TREES model of integrated physical and mental wellbeing: Thinking, Resting, Eating, Exercising and getting Support.

What's covered?

- Understanding how you are feeling
- Stress and the body
- Why not all stress is bad
- How long-term stress can be damaging
- The warning signs of stress
- The stress bucket idea
- An integrated model of mind-body maintenance
- Getting your head straight
- Examining bad habits
- The importance of exercise
- Eating right
- Getting enough sleep
- Learning to relax
- Dealing with workload and getting some balance
- Countering the pressure of working remotely
- Looking after other people
- Signposting other sources of support

This is two-hour webinar.

Mindfulness Works™

Discover how mindfulness can be used to enhance wellbeing, mood and effectiveness, even in these difficult times. This webinar is a blend of theory and guided exercises.

What's covered?

- What mindfulness is and isn't
- How to work with your breath to calm your mind
- The link between mindfulness and creativity and how to use it
- The power of greater awareness of being "in the moment"
- How to tune back into your body to release tension and feel better
- How to build mindfulness into your everyday life

Available in 60- and 90-minute formats.

Body Works™

Be aware of your posture. Sitting for long periods at home can impact on your overall health and wellbeing. This webinar is interactive, interesting and most importantly, fun! Staff will leave with a good understanding of how improving posture, muscle tone, strength and flexibility will affect long-term physical wellbeing in a positive way.

What's covered?

- Understanding around how posture, exercise, strength, flexibility and sedentary behaviour relates to Musculo-Skeletal Disorders (MSDs) such as Repetitive Strain Injury (RSI)
- Recognising the signs of muscle imbalances in our bodies so we can improve and retrain ourselves into healthier habits
- Creating a personal, targeted plan on how to optimise physical health
- Signposting sources of further information and support

Available in 60- and 90-minute formats.

Positive Works™

Over the past twenty years there's been a quiet revolution in psychology. There's now much more of a focus on understanding how you can be a truly great version of yourself; even under the most difficult of circumstances. In this webinar, we harness the research and talk about what you can do to lead an energetic, happy and fulfilled life.

What's covered?

- The three pillars of positivity
- The value of positive emotions
- A formula for authentic happiness and how to use it
- How we fall into negative thinking traps and what to do about them
- The power of reframing
- The growth mind-set

Available in 60- and 90-minute formats.

Wellbeing Webinars

Sleep Works™

One of the first things that suffers when you are not looking after your wellbeing is your sleep, especially during times of change and ambiguity.

What's covered?

- The science of sleep
- How stress impacts on sleep
- Healthy sleep habits
- Dealing with broken sleep and insomnia
- The links between diet, exercise and a good night's sleep
- Tips for a good sleep routine

Available in 60- and 90-minute formats.

Exercise Works™

Our qualified fitness coaches will support your people in keeping fit and healthy when the gym is closed, and sports clubs aren't meeting.

What's covered?

- Exercises for strength and heart health (no equipment needed!)
- Interactive run-through of a program to demonstrate good form
- Keeping fit outdoors
- The strengths and drawbacks of different types of fitness activities
- Creating a routine in the day that encourages activity when you are working from home

Available in 60- and 90-minute formats.

Nutrition Works™

Eating well is essential. It's the bedrock of our resilience and resistance to infection. In this webinar, our expert nutritionists are here to help.

What's covered?

- Nutrition for a stronger immune system
- How to increase energy levels and improve mood
- Portion sizes, food groups and labelling
- Being confident in making informed and sustainable healthy lifestyle choices
- Dispelling common myths around nutrition and healthy eating

Available in 60- and 90-minute formats.



“The only way to make sense out of change is to plunge into it, move with it, and join the dance.”

Alan Watts



Bringing Psychology to Life



About

Leading organisations rely on our expertise to help them select, develop and retain the people who keep them in business.

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