

# Workplace Wellbeing & Behavioural Health

Structured behavioural health support for professionals, employers, and organisations addressing burnout, stress, neurodiversity, emotional wellbeing, and workplace performance.



## *Who We Support*

- Professionals experiencing burnout or overwhelm
- Neurodivergent professionals needing clarity and structure
- Employers seeking staff wellbeing pathways
- Leadership teams managing workforce wellbeing
- Organisations requiring commissioned support
- Local authorities, ICBs, schools, and charities



## *Individual Professional Support*

Focused support for:

- Burnout recovery
- Executive functioning
- Emotional regulation
- Workplace wellbeing
- Professional resilience
- Sustainable performance planning



## *Professional Support Programme*

- 6-session structured programme - £850
- Initial assessment and formulation
- Six focused support sessions
- Practical behavioural strategies
- Emotional regulation and executive functioning support
- Clear recommendations and next steps