

Appendix A: Participants Case Studies

One of our 1-2-1 wellbeing check-in clients has given the following insight;

“In my three wellbeing check-ins with Alan, he helped me to reflect on my strengths, values and my goals for the future. After each session I left feeling like I could make them a reality! It was brilliant to be able to voice what was on my mind and have support in taking positive next steps. Having someone to listen to me and bring optimism to our conversations left me feeling happier and more hopeful. I’d recommend this service to anyone!”

A participant who has attended multiple workshops has given the following quotes;

“I have been looking for an introduction to Tia Chi for a few months and I believe this was it. Having experimented with the breathing exercises of Wim Hof (recommended in a previous Wellness Works session), it was fantastic to pair it with bodily movement. I, like many people around me, have felt an increase in my stress levels over recent years. Being introduced to methods and tools to lower this and allow a more focused existence has been fantastic.”

“Lauren was so inspiring. She mentioned lots of things that we do already, but more besides. I could have listened to her for hours. Now action!”

The participant attended the Boost workshop; Wellbeing Works - Build a Routine for your Wellbeing with Lauren Lepley-Caldon who is a qualified Advanced Personal Trainer, Nutritional Advisor, EFT and Meditation Teacher as well as an accredited NLP Master Practitioner and Life and Timeline Coach. Her workshop focused on how to support participants to build a routine. Since attending this workshop, the participant has set up a new routine to take cold water showers which has the benefits of inducing a higher state of alertness, reduced stress levels and improves the immune response.

Participants tell us the impact that Wellbeing Works had for them:

“Chance to take the time out to consider my wellbeing - a bit of recovery time!”

“It was an opportunity to take “time out” & consider my health & wellbeing.”

“It's really helped me to reflect on my daily behaviours and practices.”

“As a result of my 1-2-1 I have been experimenting with bullet journalling”

“I liked to hear about the ways of relaxing, and pausing during the day. Ways to monitor your wellbeing, and the Fika and Hygge techniques are nice to learn about. I could relate very much to the basement versus the penthouse in terms of wellbeing and how this can change in the day/ week/ month.”

“Sharing thoughts about how to better self-care to enable better productivity, in a stressful environment.”

“It was really positive, and nice to provide the space to check in with my own wellbeing. The facilitator was marvellous.”



Appendix B: Event Case Study

B.1 South Pool Village Hall

One of our events was at South Pool Village Hall during Village Hall week.

South Pool Village Hall was keen to start up a network for local village halls, so the aim of the event was to hold a 'Fika'- coffee, cake, and catch up. This was a way to drop in for advice from representatives from Devon Communities Together, as well as a social opportunity for local residents to meet other committee members from other halls. An added bonus was that people who attended enjoyed homemade cake, which was made by local volunteers especially for the occasion. During this day "Victoria Grimberg spoke to people about DCT's Wellbeing Works project, which aimed to raise awareness of the importance of wellbeing at work and provided opportunities for free online workshops or 1-2-1 sessions." The event was attended by an impressive 58 people, creating a lovely

busy hall all day and with many visiting South Pool Village Hall for the first time. Many people travelled from outside of the area to attend the event, and it was a privilege to welcome village hall committee members representing 10 parishes all together; Chivelstone, Cornwood, East Portlemouth, Frogmore, Sherford, Slapton, Stete, South Milton, South Pool, Newton and Noss, and Newton Ferrers WI Community Hall.

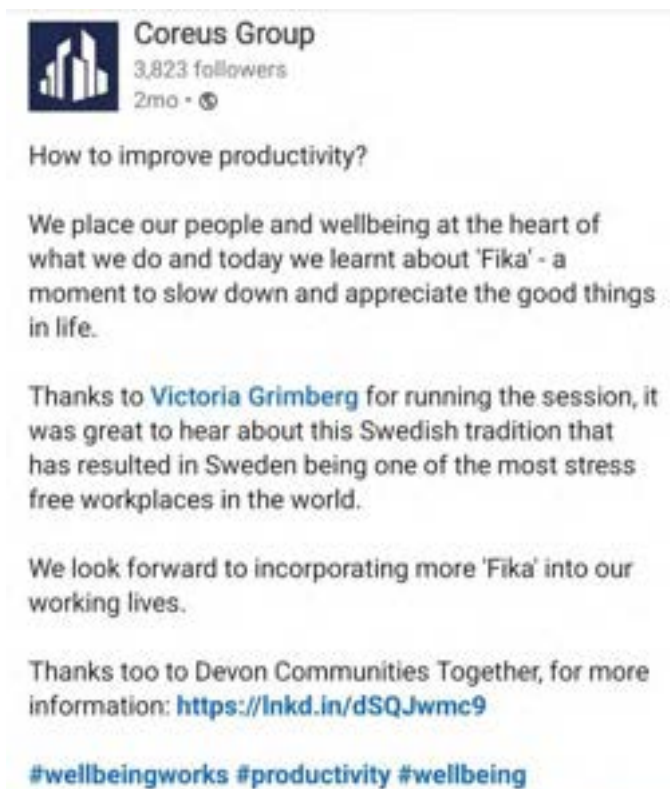


Appendix C: Business Case Study

Throughout the project we have delivered tailored workshops to businesses and organisations in Devon,

C.1 Coreus and Exeter University, Exeter

As part of the project, a tailored workshop was delivered to both organisations focussing on wellbeing, pausing and fika.



Coreus Group
3,823 followers
2mo · 🌐

How to improve productivity?

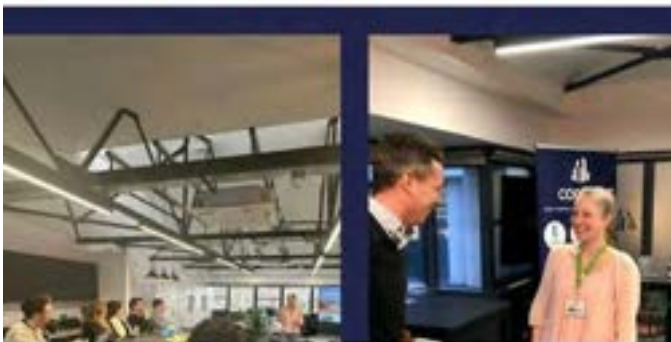
We place our people and wellbeing at the heart of what we do and today we learnt about 'Fika' - a moment to slow down and appreciate the good things in life.

Thanks to **Victoria Grimberg** for running the session, it was great to hear about this Swedish tradition that has resulted in Sweden being one of the most stress free workplaces in the world.

We look forward to incorporating more 'Fika' into our working lives.

Thanks too to Devon Communities Together, for more information: <https://lnkd.in/dSQJwmc9>

#wellbeingworks #productivity #wellbeing



This week I have visited **Devon County Council** and **University of Exeter** as part of my Wellbeing Works project.

I am so happy I get to visit organisations in Devon to talk about wellbeing and about fika too 🍵🍰👉

Thank you to **Dr Tessa Parslow**, **Dave Newport** and **Dr Caitlin Rebecca Kight** for having me 🙏

#wellbeingworks #wellbeing #5waystowellbeing #fika #coffeeandcake #grateful #Exeter

Devon Communities Together

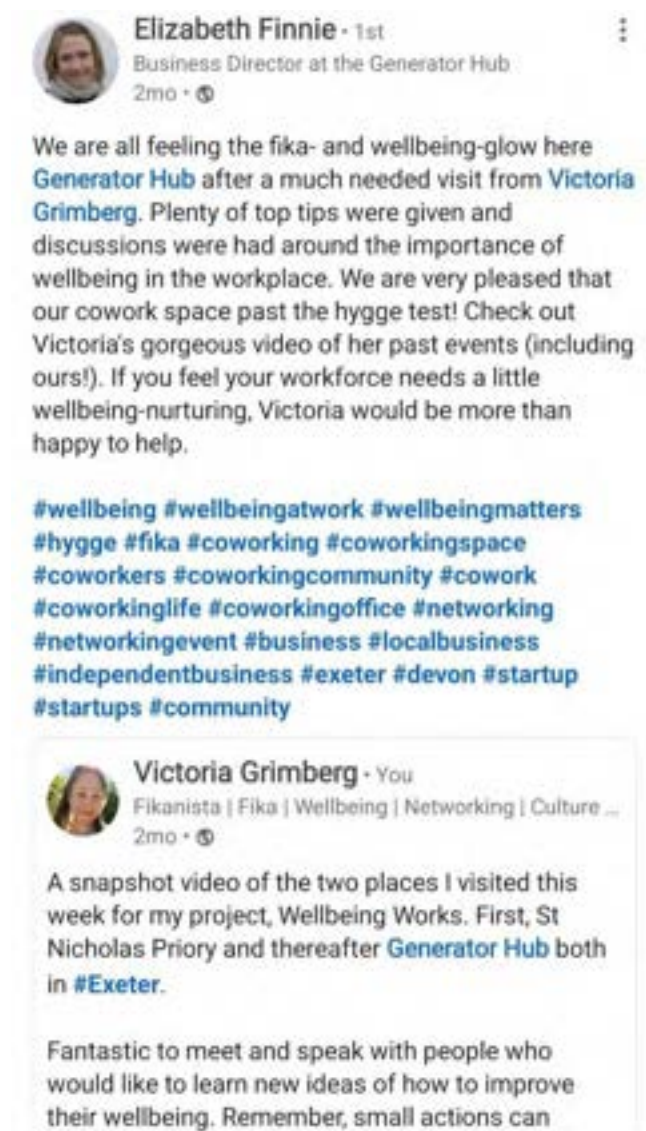
Curious? Have a look at the video below 📺

Music: As Leaves Fall
Musician: @iksonmusic



C.2 The Generator Hub, Exeter

The Generator Hub is a “physical workspace and growing community of freelancers, startups, consultants and small businesses based in the city of Exeter.” On the 31st of January a wellbeing workshop was delivered to 19 individuals. The presentation included; the definition of wellbeing, the 5 Ways to Wellbeing, wellbeing in different cultures including hygge, fika and ichigo ichie, taking breaks, wellbeing at work, how to create a wellbeing action plan as well as the experience of being in the basement versus the penthouse and the impact being there has on your wellbeing and performance. Furthermore, there were also discussions of how to be grateful, how to celebrate success and how to ensure to have work life balance.



C.3 The Tribe, Totnes

On the 24th of February the project visited The Tribe, a small community-driven coworking space in the South Hams that caters to creative, growth-oriented female entrepreneurs. The workshop focussed on wellbeing and fika, the attendees had an opportunity to discuss what wellbeing means to them and they discussed work life balance whilst networking and having a fika. A direct impact of the wellbeing workshop is that Stacey has now set up monthly fika sessions.



Wellbeing

The Cambridge dictionary defines the word as; *the state of feeling healthy and happy*

Wellbeing, put simply, is about 'how we are doing' as individuals and communities.

Personal wellbeing includes;

- how satisfied we are with our lives
- our sense that what we do in life is worthwhile
- our day to day emotional experiences (happiness and anxiety)
- our wider mental wellbeing.



Appendix D: Guest Speaker Case Studies

Wellbeing Works has had 22 guest speakers who have, on a voluntary basis, facilitated a workshop. It has been a privilege to learn and gain new perspectives from guest speakers, the county truly has a great wealth of knowledge which has due to Wellbeing Works been shared to a wider audience. Some of the guest speakers commented that they valued the opportunity and enjoyed sharing their passion.

“I enjoyed sharing my passion and lifting people's spirits through my work and felt well supported by the project's facilitators.”

“I really valued the opportunity and Victoria Grimberg was so professional and an excellent support.”

“It was great to see that there is so much interest in well-being at work.”

On the question “How has your business or practice been impacted by taking part in Wellbeing Works?” Some guest speakers have answered;

“I have been asked to facilitate a workshop for another business or organisation.”

“Marketing branding overall”

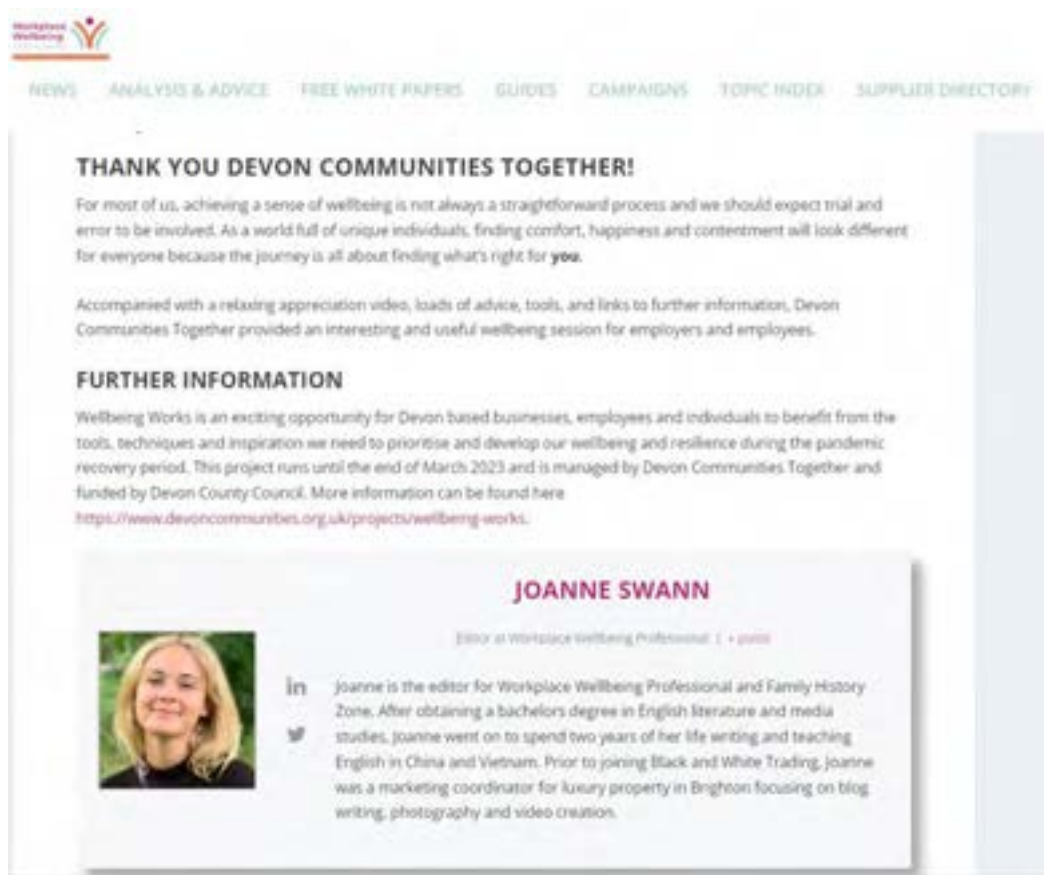
Furthermore, being inspired by the Wellbeing Works workshop some participants did also buy a guest speakers book as well as book onto their workshop.

Appendix E: Wellbeing Works article

Wellbeing Works has also been featured in the Workplace Wellbeing Professional - a well-being website for employers.³

“Victoria discusses the following quote: ‘We are not seeing the world; we are seeing our state of mind’s version of the world.’ She explains how when we have a burdened mind, everything we do and think about will be directly impacted by that particular state of mind. Yet, if we can shift into a brighter state of mind, we begin to welcome feelings of possibility which leads us to view the world in a much more positive way.

Before we can make any meaningful changes, we first have to pinpoint where we are positioned between the basement and the penthouse. For this reason, throughout the session, attendees are encouraged to be present and tune in to how we are feeling and why we might be feeling this way.”



The image is a screenshot of a webpage from Workplace Wellbeing Professional. At the top, there is a navigation menu with links: NEWS, ANALYSIS & ADVICE, FREE WHITE PAPERS, GUIDES, CAMPAIGNS, TOPIC INDEX, and SUPPLIER DIRECTORY. The main content area features a headline: **THANK YOU DEVON COMMUNITIES TOGETHER!**. Below this, there is a paragraph of text: "For most of us, achieving a sense of wellbeing is not always a straightforward process and we should expect trial and error to be involved. As a world full of unique individuals, finding comfort, happiness and contentment will look different for everyone because the journey is all about finding what's right for **you**." This is followed by another paragraph: "Accompanied with a relaxing appreciation video, loads of advice, tools, and links to further information, Devon Communities Together provided an interesting and useful wellbeing session for employers and employees." Below this is a section titled **FURTHER INFORMATION** with a paragraph: "Wellbeing Works is an exciting opportunity for Devon based businesses, employees and individuals to benefit from the tools, techniques and inspiration we need to prioritise and develop our wellbeing and resilience during the pandemic recovery period. This project runs until the end of March 2023 and is managed by Devon Communities Together and funded by Devon County Council. More information can be found here <http://www.devoncommunities.org.uk/projects/wellbeing-works>." At the bottom of the article is a profile for **JOANNE SWANN**, Editor at Workplace Wellbeing Professional. It includes a small portrait photo of Joanne and a bio: "Joanne is the editor for Workplace Wellbeing Professional and Family History Zone. After obtaining a bachelors degree in English literature and media studies, joanne went on to spend two years of her life writing and teaching English in China and Vietnam. Prior to joining Black and White Trading, Joanne was a marketing coordinator for luxury property in Brighton focusing on blog writing, photography and video creation."

³ [DEVON COMMUNITIES TOGETHER: MAKE WELLBEING YOUR EVERYDAY ROUTINE](#)

Appendix F: Wellbeing Works Resources

F.1 Wellbeing Inspiration



Sometimes our wellbeing can take a back seat at work, we hope to be able to provide you with inspiration, tools and techniques to equip you to put your wellbeing at the centre of your work and life and benefit from the knock on impact on your performance.

We invite you to explore the following tools for you to incorporate in to your daily routines, this can be for example 5 minutes in the morning/evening or 15-20 min during your lunch break.

Mediation apps¹; [Insight Timer - #1 Free Meditation App for Sleep, Relax & More](#) , [Headspace for Work - Headspace](#) and [Calm - The #1 App for Meditation and Sleep](#)

Podcasts²; Happier with Gretchen Rubin podcast [Gretchen Rubin, Feel Better, Live More with Dr Rangan Chatterjee Podcast Archives - Dr Rangan Chatterjee \(drchatterjee.com\)](#)

TedTalks³; [Ideas about Mindfulness \(ted.com\)](#) for example [All it takes is 10 mindful minutes | Andy Puddicombe - YouTube](#) and [Want to be happy? Be grateful | David Steindl-Rast - YouTube](#)

If you like to read, please have a look at the DCT Wellbeing Reading list here [DCT Wellbeing Reading List | Devon Communities Together](#)

The 5 Ways to Wellbeing are:

- Connect
- Be active
- Take notice
- Learn
- Give



Take a moment to yourself and reflect on the following; *When did you last connect with yourself, your friends or with the environment? When were you last active? Have you taken notice of how the weather changed the last week? Have you been learning a new insight or skills in the last month? Have you given a smile to a stranger or gifted a compliment to your partner or family member?*

For more information <https://www.devoncommunities.org.uk/projects/wellbeing-works>



¹ Best Meditation Apps Of 2022 – Forbes Health

² 16 podcasts to lift your spirits and change your life | Calm Moment

³ TED: Ideas Worth Spreading

F.2 Wellbeing Action Plan

Wellbeing Action Plan

A Wellbeing Action Plan (WAP) encourages you to think about:

- what you are like when you are well and happy
- how you can support your own mental health and wellbeing
- what has worked (or hasn't worked) in the past
- any existing support or reasonable adjustments you have in place
- any early warning signs of poor mental health that you can look out for
- what might trigger poor mental health or stress
- how poor mental health or a specific mental health problem might affect you (if at all)
- what steps you will take to manage stress or poor mental health
- what support you need



Wellbeing Action Plan

What am I like when I am well and happy:

Things that cause me to feel stressed or low:

The people I can talk to are:

Things that can be done by others to help me are:

Signs that I am becoming stressed or low:

Helpful and positive things to tell myself are:

Things that help me when I am feeling stressed or low:

Things that keep me mentally healthy and well are:

 WELLBEING WORKS

Based on Wellness Action Plan by Mind

Further links;

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/>

<https://www.mind.org.uk/media/12143/mind-wellness-action-plan-hybrid-work.pdf>

<https://www.mind.org.uk/media/12145/mind-wellness-action-plan-workplace.pdf>

<https://www.mind.org.uk/media/12144/mind-wellness-action-plan-remote-work.pdf>

<https://www.mind.org.uk/media/13262/mind-wellness-action-plan-linemanagers.pdf>

<https://www.bupa.co.uk/health-information>

<https://www.mentalhealthatwork.org.uk/resource/setting-up-a-wellness-action-plan/>

Appendix G: Marketing and Social Media

At the start of the project we established the logo and branding, building on the colours from the listening Ear project.

Throughout the project, information was shared with the community via DCT's website and social media channels. Devon Communities Together has created and issued a total of over 584 pieces of content related to this project.

G.1 DCT Website;

DCT created a 'project page' on our website to act as a landing page for the project. From here we hosted information about the project and associated events, as well as a booking link for appointments. As well as appearing in our 'projects' drop-down menu. The web page went live on 10th March 2022 and up until the end of March 2023 has had 2,851 page views. Of these, there were 2,316 unique views, with an average viewing time on the page of 2 minute and 4 seconds.

WELLBEING WORKS

15TH FEBRUARY 2022 -
31ST MARCH 2023

WHAT WAS WELLBEING WORKS?

Wellbeing Works was an exciting programme for Devon based businesses, employees and individuals to benefit from the tools, techniques and inspiration needed to prioritise and develop wellbeing and resilience during the pandemic recovery period.

WHY WELLBEING AND RESILIENCE?

Wellbeing and resilience are at the heart of Devon's ability to spring, recover and thrive. If we look after ourselves and our teams we can all reap the personal and professional benefits.

"Together, by prioritising wellbeing, we can thrive."

WHAT DID WELLBEING WORKS OFFER PEOPLE?

We offered free 1:1 wellbeing check-ins and workshops for Devon based businesses (SMEs), employees and individuals over 16.

1:1 WELLBEING CHECK-INS (ONLINE OR PHONE)

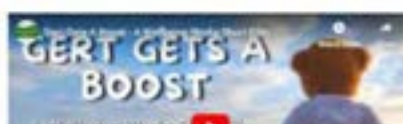
We invited people to take time out of their day to prioritise their wellbeing with one of our trained team members to:

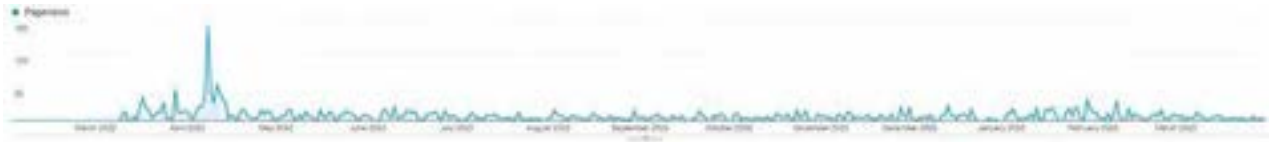
- take stock of their wellbeing and share their challenges
- feel inspired to take positive steps towards greater wellbeing
- be signposted to resources and support for their wellbeing journey.

WELLBEING WORKSHOPS (ONLINE)

We hosted a wide range of inspiring and informative wellbeing workshops that took place throughout the year to support people to prioritise their wellbeing. These included:

- providing the motivation and equipment to boost people's wellbeing by stepping into the inspiration and expertise of a range of wellbeing speakers sharing tools, techniques and motivation
- exploring key areas of workplace wellbeing from stress and resilience to





Wellbeing Works page has had 2,851 views from March 2022 – March 2023.

On our webpage the following pages can be found which mention Wellbeing Works;

[Wellbeing Works | Devon Communities Together](#)

[DCT Wellbeing Reading List | Devon Communities Together](#)

[DCT Wellbeing Playlist | Devon Communities Together](#)

[The why of Wellbeing | Devon Communities Together](#)

[A look back at Village Halls Week 2023 | Devon Communities Together](#)

G.2 Email marketing

DCT prepared template copy for an email/email newsletter that was shared with the key stakeholders in the project so that they could disseminate among their networks and 4 newsletters have been sent and reached up to 2,800 recipients.

G.3 Eventbrite

Throughout the project the workshops have been added and advertised on Eventbrite. A section of the Wellbeing Works webpage was dedicated to the workshops and once on that page, the individual could click through to Eventbrite where they could book onto the workshop.

G.4 YouTube

Throughout the project, we put out a total of 17 YouTube videos, also sharing them to our other social media platforms. One of the main projects was the 5

Ways to Wellbeing series⁴, producing 6 videos for a campaign that would both serve as general content for the DCT YouTube channel and as promotional content for the project. An additional video, Gert Gets A Boost, was also produced independently by our marketing apprentice as an experiment to create a more story-based ad.



⁴[Wellbeing Works - 5 Ways to Wellbeing - YouTube](#)

G.5 Social Media

One big highlight on Instagram was the post on the Doodling Boost workshop, which was done spontaneously as people in the office were attending the event. This resulted in 22 likes and 7 comments, which had one of the highest engagement rates out of all the social media posts compared to impressions.



Ann the Heartworker: 'Really enjoyed it. Thank you for inviting me to share some doodle joy 😊'

One attendee gave the following feedback:

"Thank you so much for running this. As someone who can't meditate and quiet my busy mind, I find drawing, colouring and doodling really helps...yet I never do it! Hearing @anntheheartworker talk about it removed the pressure and allowed me to just go with it and I really loved it."

See below an extract from the Eventbrite page;

“Press pause and give your wellbeing a boost at this experiential and fun wellbeing session as we are joined by Ann Skinner a creative guide and mentor, author and illustrator.

The Doodle for Wellbeing workshop is a nurturing and heart-opening experience, helping you increase your joy and creativity and create a sense of wellbeing.

Why doodling?

Expressing ourselves through the freeing power of doodling is one of the ways in which we can give back to ourselves and replenish our energy levels. Doodling is not necessarily about being able to draw. It is about being able to draw yourself out of your head into your heart, so you are able to express yourself more honestly. Often our deepest needs, desires and emotions are difficult to express in words, but pictures transcend words. Through the creative power of visual contemplation, we are able to process our emotions in a loving and playful way and create the space to remember what is really important to us.

Expressing ourselves and our deepest emotions, needs and desires is the ultimate nurturing gift we can give ourselves. It also helps us to remember that wellbeing is first and foremost an inside job.

Ann Skinner, aka Ann The Heartworker, is a Coach and Creative. She loves to empower people and bring hope, joy and colour through the power of contemplation and doodling.

Apart from her work as a Creative Guide and Mentor, Ann works as a doodle artist and visual storyteller. She is the published author/illustrator of *The Art of Contribution* and *Annie and Eva Love Devon* as well as the Founder of *The Heartworker’s Way*.⁵



⁵ [Wellbeing works: Doodling Boost Workshop Tickets, Mon 17 Oct 2022 at 12:00 | Eventbrite](#)

Wellbeing Works has also been featured in the news and mentioned on social media.

[Free workshops and check-ins on offer to boost Devon's wellbeing - Devon Live](#)

[DEVON COMMUNITIES TOGETHER: MAKE WELLBEING YOUR EVERYDAY ROUTINE](#)

[structureHaus on LinkedIn: #team #wellbeing #networking #construction #engineering...](#)

[Stacey Sheppard on LinkedIn: Looking after our wellbeing as an entrepreneur is so important. Choosing...](#)

[Elizabeth Finnie on LinkedIn: #wellbeing #wellbeingatwork #wellbeingmatters #hygge #fika #coworking...](#)

[Victoria Grimberg on LinkedIn: #exeter #wellbeing #wellbeingworks #fika #coffeeandcake #pause...](#)



Please see below some social media content which has gone out from April 2022 to March 2023.

Devon Communities Together 13 Apr

#WellnessWednesday

We often talk about self-care, but it can be difficult in a busy world that values hard work and productivity. Self-care is the conscious effort of making time for activities you find beneficial in maintaining your mental and physical health. Caring for your mind and body doesn't have to be time consuming, but does require regular and ongoing attention.

- ✔ How full is your cup right now?
- ✔ Do you need to stop and fill up?
- ✔ What activity or self-care behaviour would help fill up your cup?
- ✔ How can you regularly schedule checking in with your cup?

Your health is invaluable, and your self-care can't afford to wait. If you keep putting others first, you'll soon find that you don't have anything left to give them. Sometimes looking after yourself is the best gift you can give to others.

Devon Communities Together 7 Jun

#WellbeingWorks Sign up with us for our FREE 1-2-1 wellbeing sessions! Take stock and move forward confidently. Book here [http...](http://...) See more



Did you know that smiling is healthy?





Devon Communities Together 15 Jun

Life can be busy and with so many pressures around us it can be difficult to find moments for ourselves. For this #wellnesswednesday we're thinking of ways we can find chances to pause, slow down, find moments of stillness. It could be stepping away from the computer, taking some deep breaths & noticing what's happening in your body, drinking a cup of coffee and staring out of the window or having a few hours away from technology. How do you find ways to slow down? We'd love to hear your ideas, please share in the comments!

#WellbeingWorks: <https://buff.ly/3uWmF4l>
#wellbeingwednesday



Devon Communities Together 8 Aug

What a wonderful weekend we've had in Devon, one of our staff members took some time to sit and read Liz Scotts book in the sun. If you want to meet her virtually, join us this Thursday for the 'Hidden Power of Connection' workshop! Book your place here: <https://buff.ly/3Qa7Qo9>



Devon Communities Together
21 Sept · 🌐

#wellbeingwednesday As part of our #WellbeingWorks reading list, we'd like to recommend Matt Haig's bestseller *The Midnight Library*, a book that asks the following: 'What you would do if you could choose your best life?' It's a reflection on depression, mental health and regret with an uplifting message that may give you a new lease on life, told in an inventive way that hops between multiple dimensions and futures.

#bookrecs #mentalhealth #wellbeing #wellness #Devon



Devon Communities Together
@DevComsTogether

Don't miss our upcoming Boost Wellbeing workshop! It will be hosted by Claire Brejcha, a qualified mindfulness and yoga teacher. She will be talking about self-compassion in this gentle, supportive workshop on the 20th of October: buff.ly/3MhiBEF #devon #wellbeingworks



12:00 - 13 Oct 22

Devon Communities Together
@DevComsTogether

Pose the following question to yourself - what are you grateful for today? Is it the change in the weather, the morning sunrise or the new day. Devon woke up to a cold morning and we would love to see your pictures from where you live.

#Devon #WellbeingWorks #photography





Devon Communities Together
@DevComsTogether

It's the last day of [#selfcareweek](#) – but remember, [#selfcare](#) is for life – your life, all day, every day. Do it for you and your loved ones. Exercise [#selfcareforlife](#) @SelfCareForum [#wellbeingworks](#)



12:00 · 20 Nov 22



Devon Communities Together
@DevComsTogether

Those who participated in our Wellbeing Works workshop have enjoyed them immensely and have given us great feedback.

Have a look at our Eventbrite and see how you can find your spot of calm: buff.ly/3rLYghf

[#wellbeingworks](#) [#mentalhealth](#)



Devon Communities Together
@DevComsTogether

Learn how to build a calmer, more purpose driven working life through energy management, resilience and avoiding the dreaded burnout with this FREE workshop on December 5th: buff.ly/3guZnzK

[#wellbeingworks](#) [#workshop](#)



FREE WELLBEING WORKSHOPS



Wellbeing Works offers FREE workshops which will help you to feel motivated and equipped to boost your wellbeing, joined by inspiring guest speakers.



Devon Communities Together
@DevComsTogether

This week's theme from our series of 5 Ways to Wellbeing videos is Connect. No person is an island, and connection is one of the most important aspects of maintaining good wellbeing.

More info on Wellbeing Works: buff.ly/3uWmF4I
[#wellbeingworks](#) [#5waystowellbeing](#)





Devon Communities Together
@DevComsTogether

For [#wellbeingwednesday](#), read *The Boy, The Mole, The Fox and The Horse*, a richly illustrated book that teaches us to not be afraid to reach out to those around us.

Check out our wellbeing reading list:
buff.ly/3K1E57p

[#wellbeingworks](#) [#books](#)



Devon Communities Together
@DevComsTogether

Those who participated in our Wellbeing Works workshop have enjoyed them immensely and have given us great feedback.

Have a look at our Eventbrite and see how you can find your spot of calm:
buff.ly/3rLYghf

[#wellbeingworks](#) [#mentalhealth](#)



Devon Communities Together
@DevComsTogether

We've put together a list of helpful wellbeing podcasts and calming music on our website! From daily positivity tips to binaural beats and more, there's plenty to tune into when you need to find your spot of calm.

Link: buff.ly/3ZFS7SY

[#wellbeingworks](#) [#meditation](#)



Devon Communities Together
@DevComsTogether

Today is the [#InternationalDayofHappiness](#). There are 3 ways to give yourself a boost:
🧘 Take a breath and be mindful of your feelings
🙏 Think of things to be thankful for
💖 Ask yourself who you want to send love to

buff.ly/3uWmF4I

[#wellbeingworks](#) [@actionhappiness](#)



Physical leaflets and brochures have also been created which have been distributed to communities in Devon;

FIVE WAYS TO WELLBEING
FREE workshops for your team

Wellbeing workshops online or in person

- CONNECT
- BE ACTIVE
- TAKE NOTICE
- GIVE
- LEARN NEW SKILLS

Interactive wellbeing session to explore the what, why and how of wellbeing. We will equip you with simple tools and techniques to boost your wellbeing every day.

You will have the opportunity to create your own wellbeing action plan to embed the Five Ways to Wellbeing into your life.

Devon Communities Together run a fully-funded programme of wellbeing workshops and 1-2-1 coaching sessions.

www.devoncommunities.org.uk/projects/wellbeing-works
 01392 248919
 info@devoncommunities.org.uk

Devon County Council logo and QR code with 'SCAN ME' text.

Prioritise your WELLBEING with our FREE support

One-to-one wellbeing checks

Online wellbeing workshops for organisations & individuals

Whether you are a business owner, employee or individual, not in the workforce, focusing on your wellbeing can have a huge impact on how you navigate the challenges and opportunities you are faced with.

The impact of increased wellbeing and resilience is far reaching from how you feel personally, to families, workplaces and communities.

Find out the way in which we can support you...

www.devoncommunities.org.uk/projects/wellbeing-works
 01392 248919
 michelle.mccartan@devoncommunities.org.uk

Devon County Council logo and QR code with 'SCAN ME' text.

UPCOMING ONLINE WORKSHOPS

Boost your wellbeing
 Give your wellbeing a boost at our experiential wellbeing sessions as we are joined by inspiring guests who will share their wellbeing skills. No matter who you are, or your current state of wellbeing, these workshops will be accessible to all.

29th April (10am-12pm); 4th May (11am-1pm); 23rd May (12pm-2pm); 10th June (12pm-2pm); 30th June (11am-1pm)

Wellbeing at work
 Our wellbeing can often take a back seat at work, whether we are a business owner, leader or employee. This workshop will cover the key areas of stress, burnout, time pressure and purpose, and leave you inspired and equipped to make change.

28th April (8am-10am); 12th May (11am-1pm); 17th June (12pm-2pm)

Five ways to wellbeing
 Join us for this interactive session to explore the what, why and how of wellbeing. You will be introduced to the Five Ways to Wellbeing and have the opportunity to create your own action plan to embed wellbeing into your life and work.

19th May (6pm-8pm); 16th June (12pm-2pm)

WHAT IS WELLBEING WORKS?
 Wellbeing Works is a 12-month programme funded by Devon County Council to provide Devon based businesses, employees and individuals with a boost in wellbeing and resilience. Managed by Devon Communities Together, the programme provides businesses and individuals with the tools, techniques and inspiration they need to prioritise and develop their wellbeing.

Wellbeing Works will run until February 2023 and draws on the 'Five Ways to Wellbeing' and the expertise of inspiring and experienced speakers and coaches.

HOW CAN I FIND OUT MORE?
 For more information on Wellbeing Works, to check your eligibility and to book workshops and wellbeing check-ins, visit:

www.devoncommunities.org.uk/projects/wellbeing-works
 or call 01392 248919

If you have any questions about Wellbeing Works or are interested in us running an event for your organisation or group, please contact Michelle McCartan:

michelle.mccartan@devoncommunities.org.uk

Prioritise your WELLBEING with our FREE support

One-to-one wellbeing check-ins

Online wellbeing workshops for organisations & individuals

Devon County Council logo and QR code with 'SCAN ME' text.

COULD YOUR WELLBEING AND RESILIENCE DO WITH A BOOST?

The pandemic has created a wide range of challenges, many which have resulted in our wellbeing taking a back seat. Whether you are a business owner, employee or individual not in the workforce, focusing on your wellbeing can have a huge impact on how you navigate the challenges and opportunities you are faced with.

WHY PRIORITISE WELLBEING?

Wellbeing and resilience are at the heart of Devon's ability to survive, recover and thrive as we work together to navigate the pandemic recovery period.

The impact of improved wellbeing and resilience is far reaching from how you feel personally, to families, workplaces and communities.

WHAT'S ON OFFER?

1:1 wellbeing check-ins (online or phone)

- an opportunity to take stock of your wellbeing and share your challenges
- feel inspired to take positive steps towards greater wellbeing
- be signposted to resources and support for your wellbeing journey.



Online Wellbeing Workshops

A wide range of inspiring and informative wellbeing workshops are taking place throughout the year to support you as you prioritise your wellbeing and resilience.

- Tap into the inspiration and experience of a range of wellbeing speakers who will share tools, techniques and motivation
- explore key areas of workplace wellbeing, from stress and resilience to energy and purpose
- discuss the wellbeing challenges of specific sectors - for example retail, hospitality, and construction - with inspiring guest speakers from the sector



FREE WELLBEING WORKSHOPS



Wellbeing Works offers FREE workshops which will help you to feel motivated and equipped to boost your wellbeing, joined by inspiring guest speakers.



Contact us at:

www.devoncommunities.org.uk/projects/wellbeing-works
01392 248919
victoria.grimberg@devoncommunities.org.uk

SCAN ME



FREE ONE-TO-ONE WELLBEING CHECK-INS



Wellbeing Works offers FREE confidential one-to-one support, where you can take time out of your day to prioritise your wellbeing with one of our trained team members.



- Take notice of your wellbeing and share your thoughts and feelings.
- Find inspiration to take positive steps towards better wellbeing.
- Get access to resources and support for your wellbeing journey.



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SCAN ME



FREE WELLBEING Support



Wellbeing Works is a great chance for you to build up the tools, techniques and inspiration to take care of yourself and focus on your wellbeing, whether you're at work or at home.



- Online wellbeing workshops for organisations and individuals
- One to one wellbeing check-ins
- Tailored workshops for groups, online or in person



SCAN ME

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