



Wellbeing Packages

At Fusion, we recognise that the past 12 months have been extremely stressful for not just yourself as a leader, but for your staff within the organisation too. Having listened to your feedback we have developed three different incredible wellbeing offerings.

Stress Less Smile More

Individual joining scheduled session: £150 + VAT per person

Individual one-to-one bespoke session: £315 + VAT per person

Group tailored session: £900+ VAT (up to 12 delegates)

- Six-part one hour online course focussing on how to manage mental health wellbeing
- Discussing how to manage stress
- Looking at how to build resilience and stay in control

Mini workshop: Introduction to Anxiety Management

Duration: 1 hour (virtual)

Cost: £300 – up to 15 delegates

- Learn what anxiety actually is, the different types and how they can affect people
- Learn to recognise and understand possible signs and symptoms (common & uncommon)
- Learn what kind of tools and techniques you can use daily to manage your anxiety

Mini programme: Managing Anxiety

Duration: 2 x 1 hour sessions (virtual)

Cost: £500 – up to 15 delegates

- Learn what anxiety actually is, the different types and how they can affect people
- Learn to recognise and understand possible signs and symptoms (common & uncommon)
- Learn what kind of tools and techniques you can use daily to manage your anxiety
- Using CBT & NLP techniques understand how to take control of the thought/emotion/behaviour cycle
- Explore other practical techniques that can be used both proactively and reactively to manage anxiety
- Learn how to change and master your thought patterns - re-wire the brain!



These workshops are hosted by Nicky Lloyd Greame an innovative and results-oriented professional Stress-Less Coach. She is also an Engage & Grow Coach, NLP Master Practitioner, Hypnotherapy Practitioner and trainer with a proven track record of facilitating change whilst adding value to clients, individuals and employers.

She specialises in helping individuals proactively manage their mental health and fitness and master their mindset, particularly in relation to stress & anxiety.

Please get in touch with the team at training@fusionbusiness.org.uk for further information about our wellbeing packages.

"I have a greater understanding of the types of anxiety and how these may display and feel for the sufferer. Furthermore, I have learned techniques that I could try with pupils or colleagues suffering with anxiety but also that I could use in my personal life. Thank you!"

Mini programme: Managing Anxiety, Teacher, Guiseley Primary School.

"Taking part in the Stress Less, Smile More programme has led me to really consider my thoughts and language. Knowing how to monitor and audit my environment and words has really improved my ability to regulate my stress levels. I know that I am more confident with handling my own stress as a result of the course and Nicky's reflective questioning."

Teacher, Outwood Academy Portland.