

LearningWell

TRAINING & WELLBEING CENTRE

Kate Blakemore - Founder & CEO



Train people well enough so
they can leave, treat them well
enough so they don't want to.

Richard Branson

INTRODUCING LEARNINGWELL

LearningWell is a training & wellbeing centre offering;

- Professional development workshops
- Culture consultancy
- Wellbeing support

Designed to meet the needs of organisations in the private, public, and non-profit sectors, who want to support their employees/teams to cope or develop skills around health/mental wellbeing while at work.



SUPPORTING LOCAL WOMEN BY SUPPORTING YOUR TEAM

As a social enterprise, The Learning Well will share 50% of its profits to The charity Motherwell Cheshire CIO.

Motherwell Cheshire CIO is a service provided for women, by women, promoting positive health and wellbeing by offering a range of holistic therapies, educational services and mental health support.



MEET THE TEAM



CEO & Consultant

Kate Blakemore

After seeing and experiencing how women's health, alongside mental health and wellbeing, was not a priority in her past industry, Kate pursued her new career in counselling and the charity sector, setting up and establishing Motherwell Cheshire CIO. Kate is a highly qualified counsellor and leads on the Cheshire Menopause Strategy & Cheshire Women's Collaboration.



Consultant

Carys Jones

With a track record of delivering engaging, innovative training across the public and private sector, Carys is now leveraging her expertise to revolutionise workplace wellbeing training. As a highly qualified counsellor, she utilises her therapeutic knowledge to provide employees with a wealth of actionable knowledge & strategies.

Our trainers aren't just educators; they're mentors who bring a wealth of experience & expertise to every session.

WHY WORKPLACE WELLBEING?

£28B

23.3M

500K

£28B

Work-related stress and mental illness accounts for over half of work absences – and costs British businesses an estimated £26 billion per annum.

23.3M

Stress, burnout and general poor mental health result in 23.3m working days being lost as a result of these issues.

500K

Half a million adults in the UK now suffer from work-related stress. The UK Working Lives Survey cited poor work-life balance as a key factor that currently undermines UK job quality.

THE NEED FOR WORKPLACE FOR WELLBEING

Struggling workforce

21% of UK adults are 'struggling', and a further 26% are 'languishing'. This means almost half of the UK is far from flourishing.

Our teams deserve a workplace that values their wellbeing.

Mental health diagnoses

48% of people between the ages of 18-24 currently suffer from a mental health condition, compared to 22% of those over 55.

Our changing workforce requires us to work innovatively.

Intensity of work

Nearly a quarter of people say they often or always feel exhausted in their jobs (22%), or under excessive pressure (22%). 26% of people say their job impacts their personal commitments and 24% describe a difficulty 'switching off'.

Absenteeism & productivity

ONS reports that burnout is associated with absenteeism, with a 21% increase in sick days per year. Burnout/ stress result in reduced productivity and decreased organisational performance.

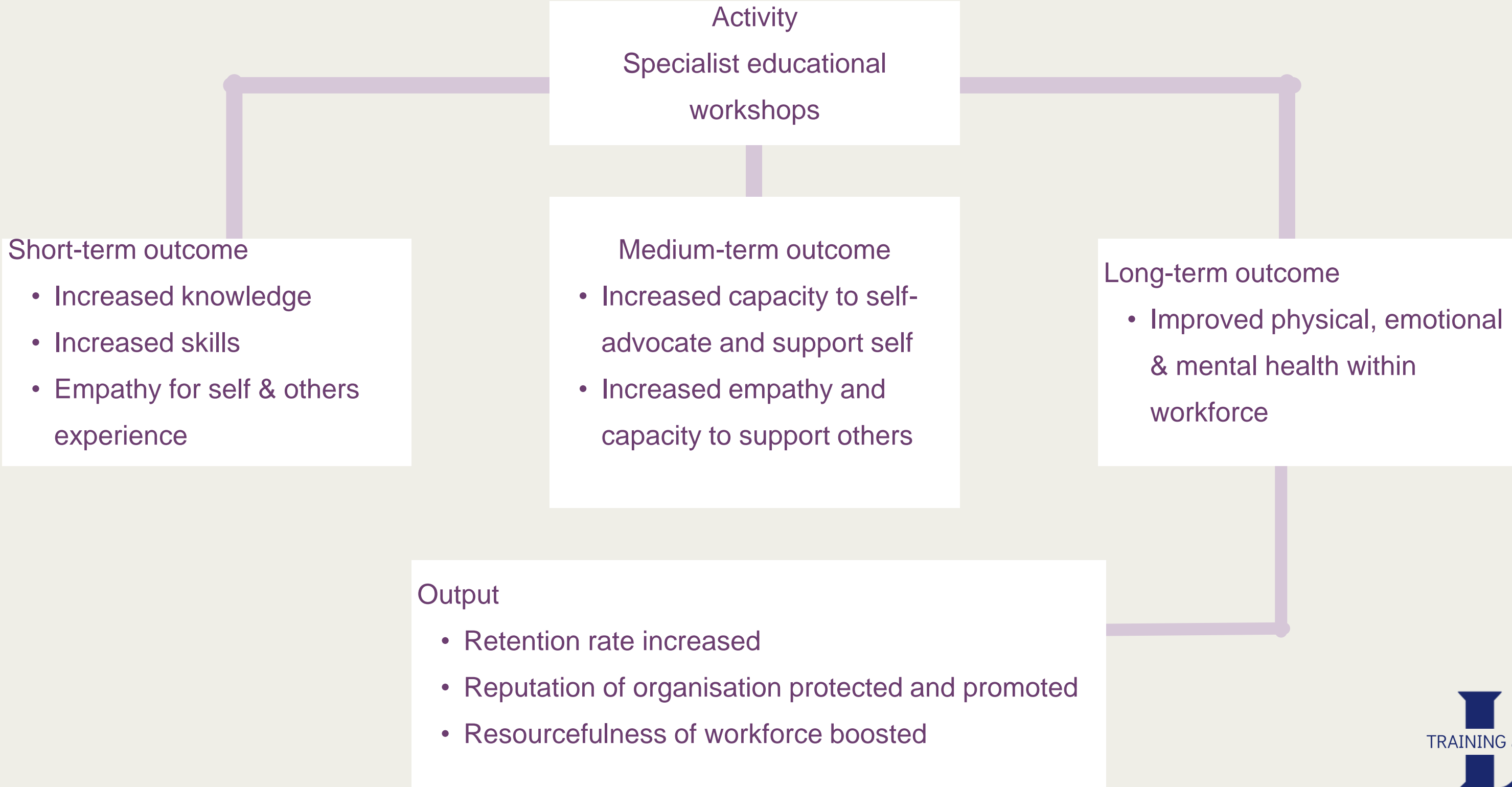
Impact on health

Two in three workers (66%) say they have experienced a work-related health condition in the last 12 months, with anxiety and sleep problems being two of the most common issues reported.

“However, mental health support at work makes a big difference. Those who are supported at work are twice as likely to be happy and almost three and a half times more likely to be flourishing”

The Mind Health Study

THEORY OF CHANGE



55% of people agree that the stigma associated with having a mental health condition is declining compared to 50% last year.

Now is the time to capitalise on and accelerate changing attitudes and promote wellbeing for all.

Thank you!

ANY QUESTIONS?

Kate Blakemore - Founder & CEO

