

TRUE WELLNESS in the WORKPLACE

with
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Transforming employee wellness

Overview

A truly healthy workforce begins with supported, empowered and self-aware individuals who feel responsible for their own wellbeing, and who feel their employer is genuinely invested in employee wellness.

With 13.7 million workdays per year lost due to work related stress, anxiety, and depression, costing UK businesses £35 billion, employers are being increasingly called to invest in employee wellbeing, and it is imperative that they do.

According to the Business Health Institute, two-thirds of employees have experienced burnout at some point in their lives, and the NCBI states that 75% - 90% of human disease is related to the activation of the stress system. Furthermore, a Mental Health Foundation study of 4619 people in 2018 found that 74% of those people had felt so stressed, they were overwhelmed and unable to cope in the last year.

According to research, for every £1 invested in employee wellbeing, organisations see an average return of £5 per employee in reduced absence, and increased productivity (source: Deloitte UK report, 2020).

Investing in employee wellbeing is investing in the overall wealth of your organisation, and is critical to success.

"Those employers that ignore the issue, or who undermine the mental health of their staff, risk not only the health of the people who work for them but the wealth of their business and the health of the economy as a whole."

~ Centre for Mental Health~



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Tailored corporate wellbeing workshops and retreats are designed to address the challenges of chronic stress, burnout, and mental health in the workplace. The aim is to inspire employees to take ownership of their personal wellness journeys, contributing to the overall wellness of the organisation.

By valuing employee wellbeing, and equipping employees with practical, sustainable tools, you will foster an organisational culture of compassion, empathy, and mutual support. This holistic approach benefits individual employees and builds the foundations for a resilient, motivated and healthy workplace.

Programs are designed to:

Empower employees with knowledge and tools to take proactive steps in managing their own health and wellbeing.

Create a trauma-informed, compassionate and empathetic workplace culture that fosters psychological safety, and inclusivity.

Promote nervous system regulation techniques to help employees build resilience, remain engaged, present and calm, supporting both personal and professional growth.

Offer holistic strategies, including Pilates, for managing physical discomfort and promoting body awareness, which contributes to mental clarity and focus.

Align personal wellness with corporate goals to build a compassionate, empathetic, and resilient workforce.



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Workshop & Retreat Topics

A variety of options are available, including half-day, one-day, or two-day events. Each organisation is unique, and therefore each event can be tailored to meet your organisations wellbeing objectives. Topics include:

Chronic Stress Management and Resilience Building

Techniques to identify, understand, and manage chronic stress, while building resilience through self-awareness and self-care practices.

Burnout Prevention and Recovery

Strategies for recognising, understanding, preventing and/or recovering from burnout. Emphasis is placed on identifying and addressing the root cause, empowering employees to take personal responsibility, develop self-compassion, and create a sustainable work-life balance with healthy boundaries.

Nervous System Regulation for Calm and Focus

Supporting employees to understand their own nervous systems, building a map of their current nervous system health, with practical mind, body and breathing exercises to build resilience, focus, and a sense of calm.

These practices empower employees to self-regulate and respond masterfully to their own nervous system activation and stress.



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Mental Health Support - Managing Anxiety and Depression

Insights and strategies for understanding, supporting, and managing anxiety and depression in the workplace.

Emphasis is placed on recognising the signs, early intervention and prevention, taking personal responsibility, seeking support, and fostering an understanding work environment.

Holistic Pain Management and Body Awareness Through Pilates

Pilates and therapeutic exercise is powerful to build mind-body connection, and address posture and work-related musculoskeletal pain.

Incorporating healthy movement into the working day helps employees reduce physical pain, build body awareness, and strengthen posture.

This holistic approach supports both physical and mental health, empowering employees to take charge of their physical wellbeing.



“Let your alignment with wellbeing be first and foremost, and let everything else be secondary.”

~Abraham Hicks~

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Program options

Each event is customizable based on desired depth, organisational objectives, budget and duration:

Half-Day Workshop (3 hours):

Focused sessions on a single topic or area

One-Day Workshop (5 to 6 hours):

Comprehensive session on selected topics

Two-Day Retreat (2 days of 5 to 6 hours each):

In-depth, multi-topic experience with breaks



One-to-One Coaching

Personalized trauma-informed coaching for individuals in the workplace, supporting employees returning to work after a period of absence, or taking a preventative approach for employees who have an identified need.

Coaching is designed to deepen self-awareness, build resilience, develop resources and strategies that empower individuals to take responsibility for their wellbeing.

Each session is 60-75 minutes. Coaching in this way is most effective when individuals have consistent support over a period of time. Recommended minimum number of sessions is six.

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Anticipated Outcomes

Potential outcomes from investing in employee wellbeing could include:

Empowered, resilient employees:

Employees equipped with tools for self-care and self-regulation feel more empowered to take responsibility for their own health and wellbeing.

A Compassionate and Empathetic Workplace:

By fostering trauma-informed practices, you create a more compassionate and empathetic work environment, enhancing trust and team cohesion.

Reduced Stress and Anxiety:

With practical techniques for managing stress and anxiety, employees can approach challenges with greater clarity and resilience.

Sustainable Productivity:

Employees who feel supported and responsible for their wellbeing tend to be more engaged, productive, and fulfilled in their roles.

Reduced sickness absence:

Informed and empowered employees, who feel that their wellbeing is valued, are more self-motivated to take a holistic and preventative approach to their wellbeing, ultimately resulting in increased and sustainable presence.

*Note: outcomes are not guaranteed, and are subject to the organisations wellbeing strategy, the level of continued organisation support provided to employees, employee engagement and consistent application of the workshop content.

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Next steps

Let's have a discovery call to discuss an outline brief for your organisation.

Working together, a program will be developed that meets the unique needs of your employees, your organisation values and wellbeing goals.

Thank you

Thank you for considering such a valuable investment in fostering a trauma-informed, inclusive, compassionate, and resilient workforce.

We look forward to supporting your organisation's journey to better health and wellness.



Bio

About Carli

Carli is a certified trauma-informed somatic coach, hypnotherapist, Heartmath Practitioner, a qualified Pilates instructor and a published author (see more under publications & credentials below).

She facilitates in both one-to-one and group settings, offering workshops, talks & training designed to transform people's understanding of what is at the root of true wellness.

Her unique combination of skills and experience, both personally and professionally, mean she is well placed to integrate corporate culture and holistic wellbeing to achieve improved wellness outcomes in the workplace.

Burnout to breakthrough

Carli had a successful and longstanding career in corporate and public sector procurement, before experiencing a major burnout in 2017.

Her powerful recovery was the catalyst for diving deeply into the root causes of burnout, chronic stress and mental health challenges, integrating what she learned into her own life, and this ultimately led to a career redirection.

As a radical self-care advocate, she has a passion for transforming workplace wellbeing culture, and empowering individuals and employers to genuinely thrive.

CREDENTIALS

Publications

Carli loves to write!

New blogs are posted monthly to her [website](#), and she has contributed to various wellbeing publications (including [Farewells magazine](#) & [More to Life magazine](#)). She is a contributing author, alongside 11 other women to [There She Glows Volume 3](#)).



Qualifications

- ICF & CPD certified Trauma-informed Somatic Coach
- Certified Hypnotherapist
- Trauma-informed certified Heartmath practitioner 'Resilient Heart'
- Energy Alignment Method Coach & Mentor
- Mental Health First Aid Level II
- Pilates Instructor, including Pre & Post Natal, advanced stretch, postural analysis & therapy exercise
- Emergency First Aid at Work
- Ecstatic Dance Embodied Facilitator
- Fully insured, with enhanced DBS check

