



Complete Harmony

Achieving harmony in your world

Coaching

Stress Management

Personal Styling

EFT

Reiki

Mental wellbeing and performance at work

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Why is mental wellbeing important? First, we want to feel good – about ourselves and the world around us, to be able to get the most from our lives.

There is also evidence that good mental wellbeing is important for our physical health, and that it can help us achieve the goals we set for ourselves.

Mental Health can affect how we think and feel about ourselves, which can impact on our behaviour and how we cope in difficult times.

It affects our ability to make the most of the opportunities that come our way and play a full part amongst our family, workplace, community and friends. It's also closely linked with our physical health.

Managing and supporting people's mental health at work is a critical and growing challenge for employers. Positively managing mental health underpins these approaches and can reap rewards in terms of staff morale, productivity and loyalty.

Line managers play a vital role in the identification and management of stress and wellbeing within the organisation. They are likely to see the problems causing the stress first hand, will be in the best position to notice changes in staff behaviour that may indicate a problem and will often be the first point of contact when an individual feels unwell.

But managers also need to think about their behaviour, and how it can either add to the stress their staff experience or help alleviate the problem.

“Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”

World Health Organisation

When we are mentally healthy we are more likely to fulfill our potential, function well and cope with and enjoy work and family and social relationships, and to make healthy choices about our lives.

At Complete Harmony Rachel helps people achieve a more balanced and harmonious life, living the life they want and feeling a greater sense of calm, fulfillment and well-being. Her calm, informal style and her approachability ensure she adapts her style to suit the client's needs.

With a successful commercial background and the attainment of BSc.(Hons) in Financial Services, Rachel now works as a Wellbeing Consultant.

As a qualified and accredited Coach, (accredited with the Association for Coaching), accredited NLP Practitioner, AAMET EFT Practitioner, qualified Stress Management Practitioner (with membership of ISMA), qualified Image Consultant, Member of Mensa, Associate for the Chartered Institute of Bankers, member of The Institute for Learning and member of UK Reiki Federation, she has extensive experience of coaching, work-life balance, stress management and health and wellbeing.

Rachel has combined a successful career with raising a family of 4 children, which enables her to empathise with clients, whose lives are a juggling act.

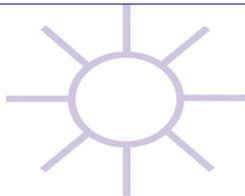
Rachel's corporate business...

How The Wellbeing Programme can add value.....

The competitive edge of your business depends on the competitive edge of your people. Develop your people and you develop your business.

We offer a personal approach to learning and development for businesses; achieving results through maximizing human potential. We work closely with our clients in both the private and public sector to design tailored training and coaching interventions to achieve specific outcomes. And we facilitate it in an informal manner that enhances learning and enjoyment.

We are able to deliver training and coaching in a wide variety of subjects including: coaching, stress management, performance management, communication skills, assertiveness, feedback, confidence building, career skills development, problem solving, facilitation skills, return to work interviews, presentation skills, plus a range of Team Development workshops.



Career And Life Management

Mission Statement:

Delivering exceptional value to businesses, through a dynamic and varied programme of development opportunities; where staff feel valued as individuals and are actively encouraged to fulfil their potential and to benefit from a range of innovative wellbeing and holistic initiatives.

For more information please telephone or e-mail

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