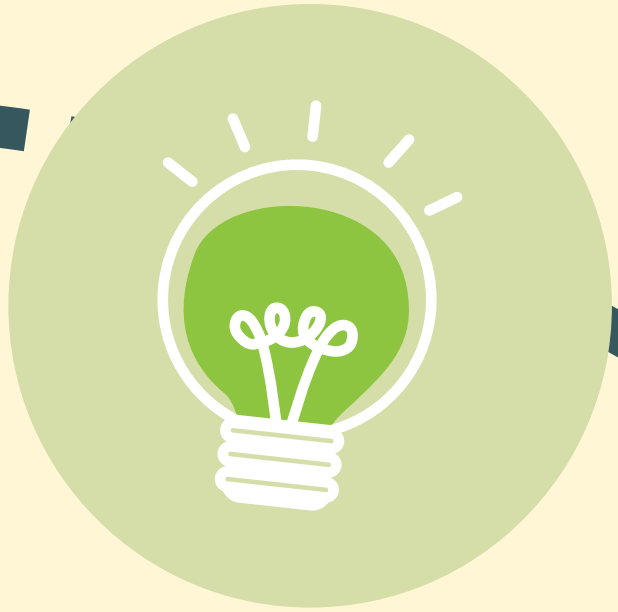


Protected time

Giving you 'time to reflect' and 'think differently' about your wellbeing.



'This has given me strength, knowing that i am not alone.'
program participant



5 x 1.5hr sessions on MS Teams

Sessions include: hidden mindsets, reframing vulnerability, practicing self-compassion, and more.

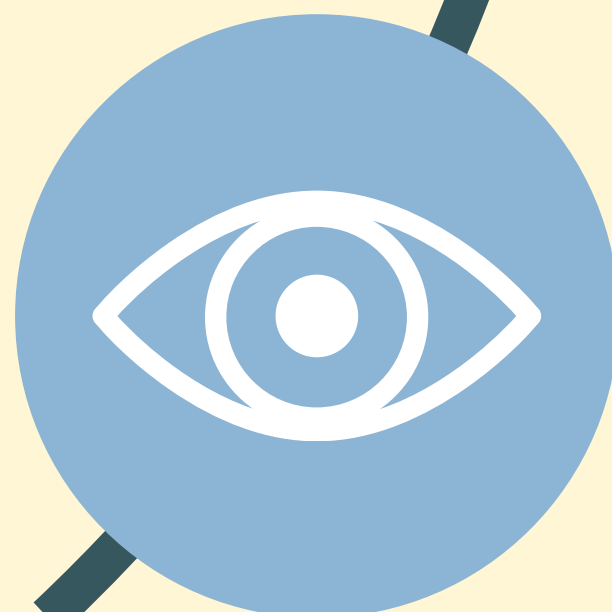
Wellbeing Matters

A Learning & Development Program, Transforming Wellbeing for Healthcare Professionals



Innovative methodology

Experiential learning with peer support and reflective practice, underpinned by narrative transformation.



Self-Awareness & Resilience

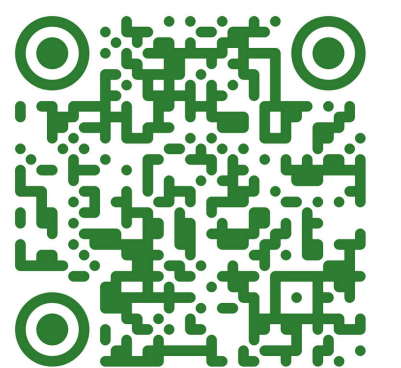
For awareness: 97% & resilience: 90% of participants improved or significantly improved these key qualities for wellbeing.



Safe & Supportive Space

'Supportive, thought provoking, culturally different from courses that Healthcare Professionals normally do'
program participant

Find out more



scan the QR code or contact us at team@talentforcare.uk