

THRIVE and CONNECT

Creating **winning teams** through fun and engaging **adventurous outdoor activities** and **mindful wellness sessions**.

A PARTNERSHIP FROM:



Why invest in Mental Health and Wellbeing in the Workplace?



According to the Health and Safety Executive statistics published in 2021/22, an estimated 914,000 workers suffered from work-related stress, depression or anxiety (new or long-standing) which accounted for 50% of all work-related ill health.*

*Work-Related Stress, Depression or Anxiety statistics in Great Britain (HSE, 2022)

Mental health problems cost UK economy at least £117.9 billion per year



Source: The economic case for investing in the prevention of mental health conditions in the UK (LSE, February 2022)

A study out of Harvard University and University of Oxford found that a one-point increase in happiness (on a scale of 0 to 10) was associated with a 12% increase in productivity.

Source: Does Employee Happiness have an Impact on Productivity? (Saïd Business School WP, 2019-13)

There is a strong economic case for investment in mental health awareness and support with organisations seeing an average £5 return for every £1 spent.*

*Mental Health and Employers: The case for investment, pandemic and beyond (Deloitte, 2022)

INTRODUCING...

THRIVE and CONNECT

Creating **winning teams** through fun and engaging **physical activities** and **mindful wellness** sessions.

A JOURNEY TO SUCCESS

Harness the power of wellbeing and take your team on an inspiring journey with MHScot Workplace Wellbeing and Venturing Out!

Our revolutionary programme offers a dynamic combination of adventurous outdoor activities, mindful wellness sessions and positive psychology practices designed to cultivate a preventive wellbeing approach. Together, we'll promote healthier habits among your workforce, curbing employee sick leave, presenteeism, absenteeism, and leavism.

This is an experience like no other. Our itinerary consists of rewarding outdoor activities coupled with insightful wellness sessions - all geared towards helping your team build personal resources and reinforce interpersonal bonds.

Take the leap of faith into a brighter future for both your organisation and its employees: join us in inspiring sustainable wellbeing that will empower individuals to thrive both in the workplace and beyond!



WHY CHOOSE THRIVE AND CONNECT FOR YOUR ORGANISATION?

- Our programme is a beneficial initiative for your organisation to **promote positive mental health among their employees.**
- It takes a preventive approach to wellbeing and mental health, helping you **reduce presenteeism, absenteeism and leavism.**
- By creating a culture of positive mental health, your organisation can also **improve team collaboration, attract and retain talent, and increase employee engagement.**
- With this programme, you can **create an effective structure** that is tailored to the individual needs of your organisation.
- This programme facilitates **better communication between your team members**, through team bonding, creating an environment of mutual trust and respect.
- Thrive and Connect is an invaluable benefit for your organisation to stand out in a **competitive in recruitment environment and attract top talent.**



HELPING YOUR EMPLOYEES FLOURISH

Through this Thrive and Connect Programme participants will:

- Gain a fundamental knowledge of wellbeing and positive psychology.
- Unlock powerful techniques to increase positive emotion.
- Tap into personal character strengths for greater success.
- Learn how to build strong, supportive relationships with teammates.
- Build self-confidence and resilience to tackle adversity head on.
- Develop the skills needed for continuous learning and growth.
- Create an action plan for improved physical and mental wellbeing.



THRIVE and CONNECT

THE PROGRAMME

Thrive and Connect is a 6-month programme for your employees packed with activities and learning that are inspiring, engaging and mindful.

Each month participants will explore a different topic through:

1.5 Hour Wellness Webinar via Zoom

1 Full Day Adventurous Outdoor Activity in Nature

Self-Paced Learning via our Exclusive Learning Community

Recommended Wellbeing Exercises and Reflection

GROUP SIZE:

For up to 12 participants

Payment can be made in 3 installments over the course of 6 months.



THRIVE and CONNECT

WELLBEING TOPICS COVERED:

Month 1	Welcome: Introducing the five pillars of the PERMA Wellbeing Model
Month 2	Pillar 1 Positive Emotions: Living with positivity
Month 3	Pillar 2 Engagement: Putting character strengths to work
Month 4	Pillar 3 Positive Relationships: Practising compassion for stronger and healthier relationships
Month 5	Pillar 4 Meaning: Building self-confidence and resilience to achieve your goals
Month 6	Pillar 5 Accomplishment: Cultivating a positive mindset for growth



THRIVE

and CONNECT

ACTIVITY DAY OPTIONS:

As a group, you can choose from our fantastic, rewarding activities that you will take part in over the 6-month programme. Each activity can be adjusted to all skills levels. Here is a list of potential activities:

Hill Walking:

Led walks that teach you how to navigate, take you into the hills or explore local tracks and trails which can be adapted to all levels. It can be a progressive activity that can build towards more challenging walks. It can be great for groups/teams to build towards multi-day expeditions that take people into remote areas and away from it all.

Bushcraft:

Enjoy a day in the woods spending time shelter building, learning fire lighting techniques, sausage sizzling, toasting marshmallows, making hot drinks, shooting improvised Bows 'n' Arrows all while relaxing round a campfire.

Rock Climbing:

An exciting day of rock climbing, abseiling and scrambling awaits. Because this is an introductory day, no prior experience is required and it has the potential to be progressive.

Coasteering:

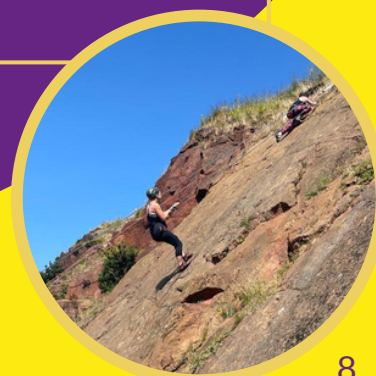
You will explore the coastline's intertidal zone, travelling, swimming and jumping in from rocks, which can be done at varying levels of difficulty. It is, however, necessary to be physically fit.

Trail Cycling / Mountain Biking:

This activity explores tracks and trails and offers you the opportunity to get on two wheels and discover the local environment. The activity can be progressive, focusing on more technical mountain biking skills.

Water Activities:

This activity allows you to try Paddle-boarding, Canoeing and Kayaking in a supportive environment with the opportunity of progressing via the British Canoeing's Paddle Awards.



THRIVE and CONNECT



A PERFECT PARTNERSHIP...



MHScot Workplace Wellbeing is Scotland's first Social Enterprise with the vision to create mentally healthy workplaces. Through our training and consultancy services, we help organisations to develop and embed a more caring and compassionate workplace culture and equip employees with the skills and knowledge they need to support mental health and wellbeing at work.

The impact and difference we create via our work is critical to understanding attitudes, behaviour change, knowledge, and confidence in mental health and wellbeing. We have trained and worked with over 5,500 people from the public, private and third sector since February 2015.



Venturing Out is a not for profit, Outdoor Activities Provider offering a wide range of adventurous activities. We can support employees to experience the amazing health and wellbeing benefits of participating in outdoor activities. We offer fun, engaging experiences, using the outdoors as a medium for developing stronger, positive mental health.

We have experience in delivering outdoor activity programmes which specifically target areas such as raising self-esteem, reducing stress and anxiety and building resilience. We are proud to be an inclusive provider and strive to accommodate all needs and abilities. Venturing Out has a wonderful team of highly qualified outdoor professionals, who love sharing their passion for the outdoors with others.



THRIVE and CONNECT

WHAT NEXT?

Our Thrive and Connect Programme will help your employees achieve their wellbeing goals, resulting in happier, healthier and more productive team.

If you are ready to make meaningful change in your organisation and give back to your employees... please get in touch and get ready to see your team thrive!



www.mentalhealthscot.land/thrive-and-connect



www.venturingout.org.uk/



Angela Rook
angela@mentalhealthscot.land



Claire Mackenzie
claire@venturingout.org.uk

THE ULTIMATE QUESTION IS, CAN YOUR ORGANISATION AFFORD NOT TO GET INVOLVED?