



Psychological Health & Well-Being Training (PHeW)

Free Choices

Health & Well-Being Buddies

Free Choices develop Health & Well-being Buddies, within your organisation, who possess the passion, commitment and drive to create a culture which thrives. Health & Well-being Buddies can play a significant role in the promotion of an ethos and behaviour, which support companies and their people to feel positive and perform at their top level.

Programme Brief

The Free Choices Training and Coaching Programme enable Health & Well-Being Buddies to:

1. Promote the company's positive attitude & behaviour towards Health & Well-being
2. Provide a point of contact and support for Health & Well-being issues
3. Inspire and motivate others to engage and advance in their Health & Well-being
4. Assist in the identification of Health & Well-being needs for individual employees & employers
5. Provide guidance on options to develop positive Health & Well-being
6. Focus on impactful change, which is meaningful and enjoyable
7. Create a network of dedicated health-conscious people, who are able contribute to the present and future development of employee and company needs



Benefits to Your Work Culture

Health & Well-Being Buddies will gain knowledge, understanding and skills, which will enable them to:

- ✓ Utilise general concepts and strategies towards Health & Well-being
- ✓ Provide a comfortable space, in which individuals feel able to discuss their needs
- ✓ Build supportive relationships
- ✓ Provide guidance on ways to achieve chosen goals
- ✓ Promote the benefits of positive Workplace Health & Well-being
- ✓ Engage with internal and external partners, who are able to support in the evolution and sustainability of the company's Health & Well-being development
- ✓ Plan informative and fun events
- ✓ Sign post to relevant internal and external resources for Health & Well-being



Contact us to find out more about our training programmes