



CHOICES TRAINING & DEVELOPMENT



Visit Our Website

www.choicestraining.org.uk





Transforming Mindsets

At Choices Training & Development, we believe in investing in your staff to drive engagement, culture, and efficiency. Our training courses are designed to improve staff engagement by increasing their autonomy, competencies, sense of relatedness to the business, self-esteem, overall mental wellbeing, productivity, and motivation. As a result, employers benefit from reduced staff turnover, absenteeism, and presenteeism.

CEO profile

Our CEO, Nina Kelly, has a natural leadership style that is both marketing-led and people-centred. An engaging and passionate communicator, Nina has worked in both the international and UK charity sector for more than 20 years.



The Mental Health Impact on Productivity

Approximately 1 in 7 employees
suffer from a mental health issue

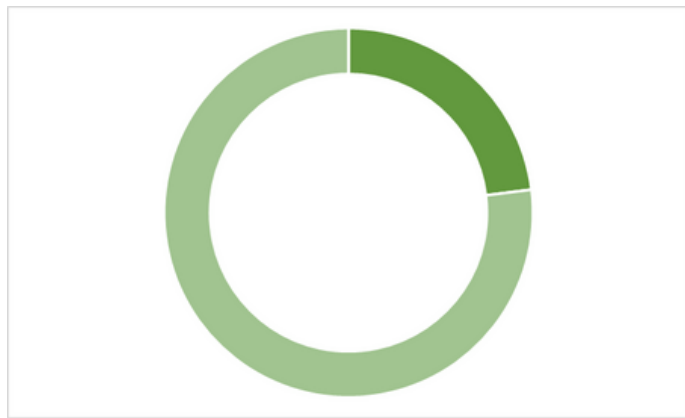
Lost productivity due to mental
health issues costs £1,716 per
employee across all industries

1 in 8 of all UK sickness absence
days can be attributed to mental
health conditions

There is an average return of £5.30
for every £1 invested in the mental
health of staff

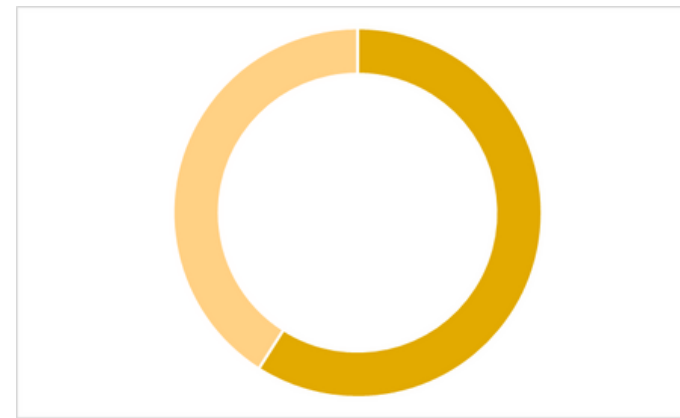
State of the Global Workplace

According to the Gallup poll report 2023:



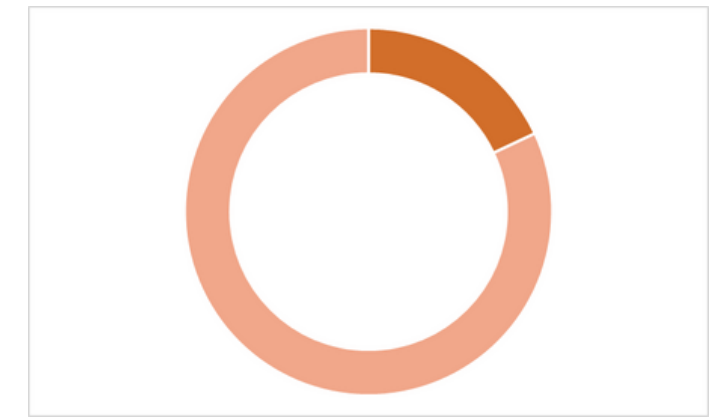
Thriving at Work (23% Engaged)

- Only 11% of the UK workforce is engaged and thriving, the lowest in Europe.
- Engaged employees find their work meaningful, feel connected to the team and the organisation.



Quiet Quitting (59% Not Engaged)

- 59% of the global workforce is "quiet quitting" or disengaged.
- These employees are minimally productive, more likely to be stressed, burnt out, and feel disconnected from their workplace.



Loud Quitting (18% Actively Disengaged)

- 18% of the global workforce is loud quitting.
- Such employees take actions that harm the organisation, oppose its leaders, and have broken trust with their employers.

Our Programmes: Transforming Mindsets



Bespoke service tailored to meet your needs.



Led by trained professionals.



Workbook included for each module.



In-person and online delivery options available.



Module 1: Navigating Change

- **Focus:** Overcoming organisational resistance and embracing change.
- **Workshop Outcomes:** Understand personal barriers, explore comfort zones, and take control of change.



Module 2: The Power of Our Thoughts

- **Focus:** Overcoming stress, anxiety, and burnout.
- **Workshop Outcomes:** Understand thinking patterns, identify unhelpful patterns, and develop a personal brand story.



Module 3: Enhancing Productivity

- **Focus:** Embracing new ways of working and increasing productivity.
- **Workshop Outcomes:** Engage creative sub-conscious, set goals, and road test them.

Course Delivery Feedback

100% of surveyed participants found the programme well-organised



"Trainers were really engaging, and I felt comfortable sharing in both the larger group, and when split into smaller groups."



"The facilitators were great and really knew their subject matter."



"Really well-structured and provided a straight-forward introduction to tools I feel I can implement easily."



"The trainers were very enthusiastic and knowledgeable. The pace throughout the sessions always seemed right."



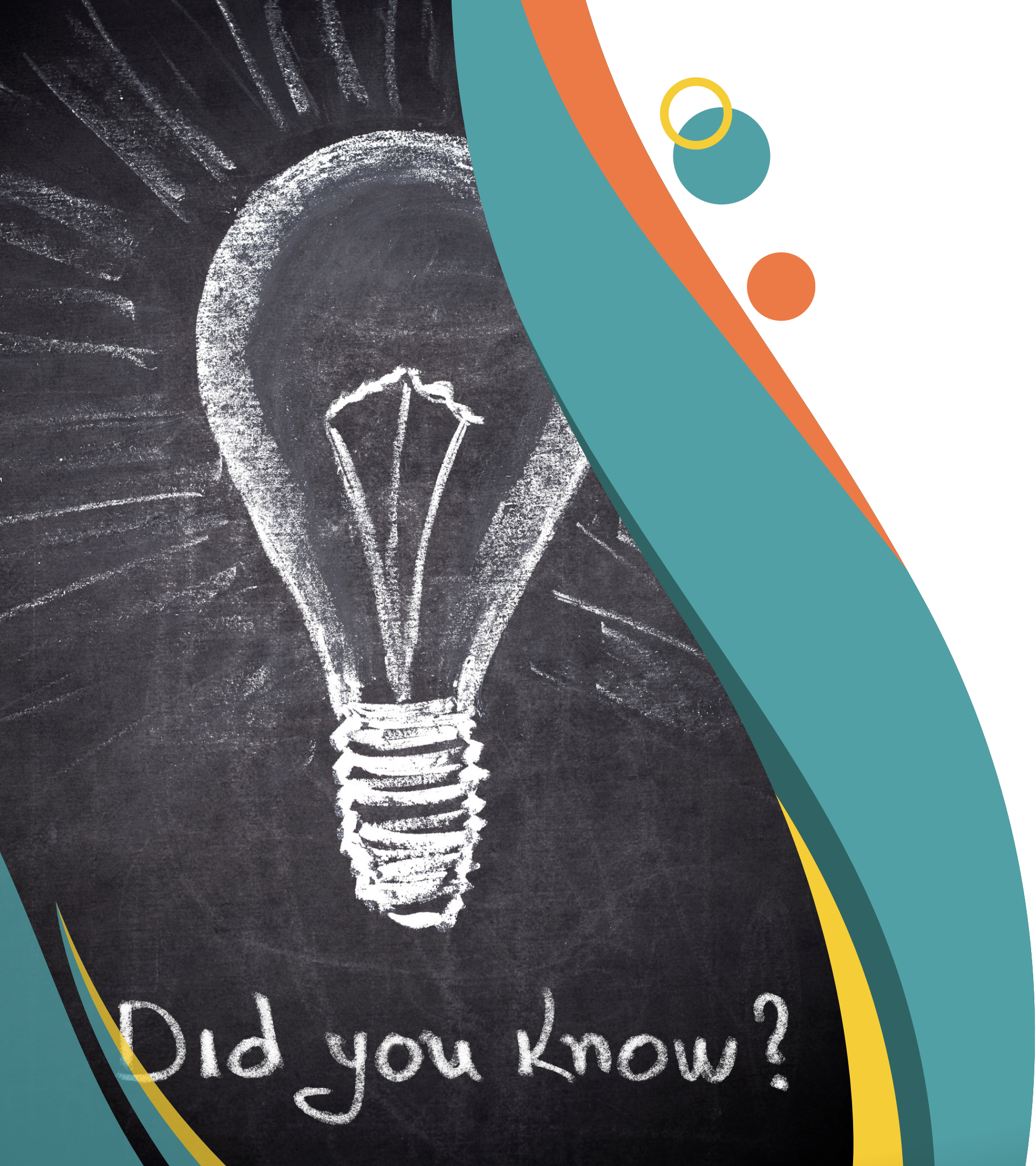
Course Delivery Feedback

"We've had over 190 people join that module, which is a phenomenal uptake, given that it's not mandatory. People volunteer to come on the course and results so far have given us 88% of people have rated it as good to great, which I think is a fantastic result."

Penny Cole

People Transformation Director at Quilter





Employers have a duty of care to ensure that minimum standards are met for their staff. It is recommended* that employers should consider and support the positive mental health of their employees.

You can enhance societal wellbeing when procuring services. Engaging a mental wellbeing charity like ours to deliver 'Transforming Mindsets' aligns perfectly with this ethos.

**Thriving at Work: the Stevenson/Farmer review on mental health and employers*

FAQs

What formats are available for the course delivery?

We offer both face-to-face and online delivery options for our courses.



What is the maximum number of candidates per workshop?

We can accommodate up to 20 candidates per workshop, with a maximum of 80 candidates per day.

How long is the duration of each course?

Typically, there are 3 workshops and we can run a maximum of 4 workshops per day.



How is the pricing structured for the workshops?

Our pricing starts from £210 per person, per workshop. For a detailed pricing structure and potential discounts, please enquire with our team.

Meet Our Charity

Safe New Futures helps unemployed people to join the workforce, by providing a combined mental health and vocational intervention course. We have helped thousands of people regain their independence and secure long-term employment.

Over the years, we have helped thousands of people regain their independence and secure long-term employment. We run 6-month programmes, of which the core is a 5-week course based on a Group Cognitive Behavioural approach.

By investing in our course, you will enhance your CSR (Corporate Social Responsibility). Revenue from the course supports the charity. Your investment will help us to transform the lives of those who are disadvantaged.

www.safe.org.uk





Why Choose Us?

Engaging with Choices Training & Development Ltd isn't just an investment in staff development – it's a commitment to the future success of your organisation.

By optimising the mental and emotional health of your staff, you:

Attract top talent who value personal growth and a supportive workplace



Engage your team, empowering them to overcome challenges and maximise their potential



Retain your most valuable assets, reducing the overheads of recruitment and lowering absenteeism





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