



**Cloud
Talent
Consulting**

Employee Wellbeing Programme



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With almost 70% of people professionals saying that the pandemic has accelerated employee health and wellbeing as an immediate priority, now is the time to revisit engagement strategies. Research shows employees reporting reduced motivation, loss of purpose, feelings of anxiety and isolation, which is having a long-term impact on mental and physical health.

Cloud Talent Consulting understands that the people in your organisation are your competitive advantage. Investing in the health and wellbeing of employees sets them up to perform well and has a direct effect on the productivity and profits of your company.

Our workshops and programmes provide skills that enhance mental, emotional and physical health, improving people's abilities to manage stress and anxiety, and helping to refocus, re-engage and re-inspire employees.

All of our packages include a pre-evaluation assessment to determine which programme would be most beneficial for your company and employees, and allows us to tailor our services specifically to your unique requirements guaranteeing all participants receive the greatest benefit.

Healthy employees are 67% more likely to feel engaged at work.

Reference: <https://www.betterworks.com/8-of-the-biggest-challenges-for-hr/>



WHY CLOUD TALENT CONSULTING?

We are a strategic HR consultancy. Backed by 15 years' experience and rigorous training standards, our consultants provide specialist HR, recruitment, and wellbeing services. As a trusted partner to clients like Deutsche Telekom, Sony, and Ernst and Young the team at Cloud Talent Consulting are well placed to help support you on your wellbeing journey.

Your wellbeing workshops will be supported by a team of wellbeing and coaching specialists led primarily by our Founding Partner, Orsolya Dabasi, and Chief Wellbeing Officer, Kate Megee.

See the bios for the core team below.



Orsolya Dabasi - Founding Partner

Orsolya is a professional with over 10 years' experience in HR Consulting, Organisational Development and Talent Management. She has a genuine passion for working with people coupled with a desire to help people grow as individuals.

As an HR professional with a diverse background including within the mentoring and coaching fields, Orsolya also advises on tailored organisational design programmes, talent acquisition, planning and preparation for continued sustainable growth along with building and maintaining a healthy organisation.

When not focusing her energy on her personal and professional development, Orsolya is often seen with a post workout glow and a large cup of green tea in hand.



Kate Megee - Chief Wellbeing Officer

Kate has been working in the coaching industry for over 7 years, and has a background and qualifications in Medical Science.

Kate is passionate about helping people discover the truth of who they are by helping them connect with their internal resources, strengths, potential and gifts. She helps her clients transform subconscious patterns, limits, and beliefs so that they can show the best of who they are with confidence, clarity, and purpose.

Kate spends her spare time testing her strength, flexibility, and limits on the yoga mat or SUP, and serving world-class coffee in her café in Japan.

#1 – Stress & Anxiety Management – 4-hour Workshop

In this half day workshop, participants will learn practical tools and techniques they can use daily to create habits that increase their ability to manage mental and physical stress, reduce feelings of anxiety and help them cope during times of increased social anxiety and pressures.

Positive Impact For Your Business:

Empowering employees with the skills and tools to manage their anxiety and stress in this way provides innumerable benefits for the workplace. These include reduced absenteeism as participants discover how to maintain a healthy state of body and mind that allows them to sustain peak performance under higher levels of stress.

Participant Outcomes:

- Reduce physical and mental stress without changing external influences
- Understand root cause of anxiety and how to work with body and mind to manage effects
- Develop healthy habits to manage anxiety and improve overall performance
- Increase feelings of competence, clarity, confidence and connection



#2 – Reclaim Your Energy – 2-hour Workshop

In this 2-hour workshop, participants will learn actionable tools that they can immediately use to remove mental, physical and emotional energy leaks and instantly increase personal energy and productivity in all areas of life and work.

Positive Impact For Your Business:

This workshop offers participants a feeling of a fresh start, boosting morale, initiative and engagement. Participants discover how to create quick, simple and highly effective changes in their lives and master strategies that maximise their mental health and personal energy.

Participant Outcomes:

- Increase productivity levels and internal drive
- Boost creative thinking and problem-solving thought processes
- Reduce levels of stress and feelings of being overwhelmed
- Find a renewed sense of inspiration and motivation that makes tackling day-to-day tasks easier and more fulfilling



#3 – Mastering Fear – 4-hour Workshop

This workshop teaches participants how to recognise the origins of fear based thoughts, how to be proactive in the face of fear and uncertainty, and how to use tools that break unhelpful fear patterns to live, work and move forward with clarity and confidence.

Positive Impact for Your Business:

Employees who have the skills and ability to effectively communicate in spite of feelings of fear helps increase engagement in the workplace, and ensures people are more willing to contribute their insights and ideas. This opens communication between colleagues and teams, leading to increased productivity, and higher rates of engagement and participation.

Participant Outcomes:

- Increase self-awareness of the origins of their fear
- Able to analyse and strategically plan their way out of fear based thinking
- Take calculated risks and action with confidence and clarity
- Improve performance and decision making allowing for greater contribution



#4 – Finding Meaning, Direction & Value in Uncertain Times – 2.5-hour Workshop

This workshop helps participants to think beyond what they believe is possible in the face of uncertainty, helping them take risks and become proficient in operating outside of their comfort zone in an honest, engaged and supportive way.

Positive Impact for Your Business:

People who understand their motivations and values are much better able to handle conflicts or challenges within the workplace. Ultimately this is about empowering individuals to become more effective problem solvers.

Participants Outcomes:

- Apply values-led approach to their work increasing job satisfaction, creativity and performance
- Align their values with the company's values to maximise personal and company productivity
- Operationalise their goals to make them attainable
- Increase happiness, value and purpose in all areas of life



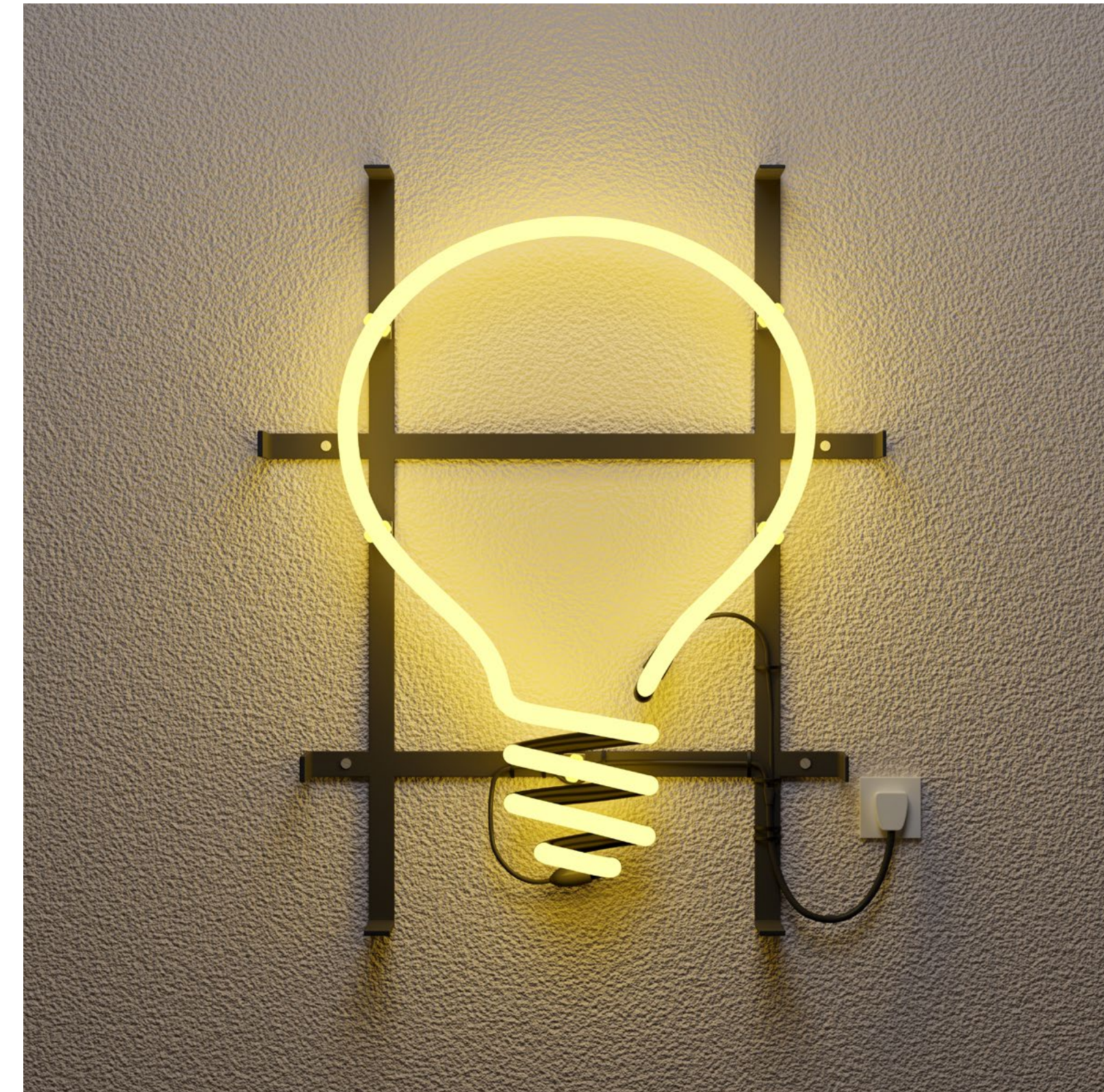
#5 – Rewire Your Mind & Unlock Your Full Potential – 6-week Programme

This is our most successful and in-depth programme that teaches participants emotional intelligence and improved mindset skills. This helps to unlock their full potential generating an improved ability to bring greater value and leadership skills to the people and entities they serve.

Participants will learn how the brain functions: where thoughts, beliefs, fears, anxiety, and stress originate from and how they can begin to change the types of thoughts they have, allowing them to choose, act and operate with greater clarity, confidence, creativity and conviction.

Participants will learn how to re-wire neural pathways in their brain to help them break unhealthy mindset patterns, tap into innate qualities and strengths ultimately helping them to be a positive and powerful force within the workplace.

This programme empowers employees to be personally responsible for their thoughts, feelings and actions, making them more powerful communicators, leaders and team members.



#5 – Rewire Your Mind & Unlock Your Full Potential – 6-week programme – Cont’d

Positive Impact for Your Business:

Employees that have completed this coaching programme are able to learn quickly from mistakes, are more open to taking risks, and able to embrace the opportunity to challenge themselves in order to grow and remain successful.

When employees gain a clear vision of who they are, they are more innovative and adaptable, are more open to sharing ideas and receiving both positive criticism and feedback. They now perceive that this approach gives them greater insight into how they can improve their own performance.

Employees with a growth-focused mindset empower other employees by contributing to and increasing collaboration and cooperation, driving productivity, passion and problem solving while making the workplace more harmonious and goal oriented.

Participant Outcomes:

- Communicate with greater insight and clarity and invite difficult conversations, criticism and feedback
- Increased awareness of others’ emotions and perspectives and ability to set healthy boundaries
- Desire and ability to drive themselves and others to peak performance and be more effective leaders
- Establish a mindset of openness, inclusivity, problem solving and being motivated to progress forward

DELIVERY: 6 x 90 minute sessions comprised of coaching, interactive exercises, personal application and reflection, integration and action planning.

INTEGRATION: After completion of programme, 45 minute 1:1 coaching session with each participant to create a personalised action plan for integrating the materials and learnings into both work and life.

FOLLOW UP: 90 minute follow up session with the group two weeks after completion to maintain accountability and embed the learning through feedback and discussion around challenges and wins.

#6 – Building Resilience & Mental Strength – 6-week programme

The recent global pandemic has taught us much about uncertainty and change. Now is the perfect time for companies to invest in helping team members discover and understand just how resilient they are and to remind them of the personal strengths they have.

This programme brings together several of our workshops listed above and expands on them to provide participants with the tools they need to ensure they are well equipped to adapt quickly to changing environments, understanding how to manage their anxiety and stress levels moment to moment, and how to recognise and rewire fear based thoughts.

These tools help to expand the participants window of resilience and gives them a greater sense of control, security and stability in times of stress, anxiety, fear and uncertainty.



#6 – Building Resilience & Mental Strength – 6-week programme – Cont’d

Positive Impact for Your Business:

Empowering employees with the skills and tools to manage both their anxiety and stress provides innumerable benefits for the workplace. Reduced absenteeism is the main outcome, and the programme also helps individuals improve their performance, = collaborate with others, contribute to company goals, and be better at , strategic planning and problem solving.

Employees who feel less anxious and stressed create a harmonious and cohesive workplace, which improves both internal and client relationships bringing greater value to the company overall.

Participant Outcomes:

- Feel resilient in the face of change or remote working
- Feel empowered to create the impact they desire
- Confidently step into and adapt creatively to change
- Increase personal productivity and ability to problem solve

DELIVERY: 6 x 90 minute sessions comprised of coaching, interactive exercises, personal application and reflection, integration and action planning.

INTEGRATION: After completion of programme, 45 minute 1:1 coaching session with each participant to create a personalised action plan for integrating the materials and learnings into both work and life.

FOLLOW UP: 90 minute follow up session with the group two weeks after completion to maintain accountability and embed the learning through feedback and discussion around challenges and wins.

#7 – The Art of Meditation – 6-week programme

Harvard Business Review coined it best when they said that ‘mindfulness should no longer be considered a “nice-to-have” for executives. It’s a “must-have”: a way to keep our brains healthy, to support self-regulation and effective decision-making capabilities, and to protect ourselves from toxic stress”.

The ‘Art of Meditation’ programme brings meditation and mindfulness practices into the workplace so that companies and employees can benefit from many positive outcomes including enhancing cognitive flexibility and creative insight.

Meditation is a learnable skill that has wide reaching benefits not only for cognitive abilities but also feelings of connection, calm, presence and possibility.

This programme introduces several different styles and techniques of meditation to help all participants find what works best for them. It troubleshoots the common pitfalls and issues that arise with trying to establish this powerful mental health skill.



#7 – The Art of Meditation – 6-week programme – Cont'd

Positive Impact for Your Business:

Several surveys conducted in the U.S. have shown that depression and anxiety rates are up by 52% in working women and that a third of people are reporting high levels of psychological distress. Now more than ever companies must consider investing in the health and mental wellbeing of employees.

Many studies have shown that both mindfulness and meditation among teams, offices and departments have many lasting benefits including forging stronger bonds between team members, increasing productivity, improving work performance, decreasing stress levels and ultimately improving problem solving through creative solutions.

Participant Outcomes:

- Improved ability to sustain attention and increase problem solving abilities
- Lower stress levels, anxiety and depression and ability to adapt to change
- Significant improvements in work relationships and friendships
- Improved communication skills and self-awareness

DELIVERY: 6 x 90 minute sessions comprised of coaching, interactive exercises, personal application and reflection, integration and action planning.

INTEGRATION: After completion of programme, 45 minute 1:1 coaching session with each participant to create a personalised action plan for integrating the materials and learnings into both work and life.

FOLLOW UP: 90 minute follow up session with the group two weeks after completion to maintain accountability and embed the learning through feedback and discussion around challenges and wins.

OUR CLIENTS & TESTIMONIALS

These are a few of our current clients:



Before this programme I was excited but nervous to know what I'd find out about myself. Over the six weeks I've gained a better understanding of myself and have started to see the noisy thoughts in my mind for what they are. I now focus instead on the values that make me feel balanced.

It was amazing to identify and let go of beliefs that I've held onto for a long time. It feels great to have started making such a positive change and now know I have the tools to carry all of it forward.

KATY, UNITED KINGDOM

When I signed up my anxiety was through the roof. I was stuck in a constant cycle of negative, damaging thoughts. It was one of my hardest times ever. The course gave me a remedy for my anxiety and helped me overcome many fears.

I've had major self-discoveries and am in an entirely different place now. I feel like myself again! I've honestly never felt as complete ever before in my whole life. I can't be grateful enough for Kate and this course!

BORI, HUNGARY

I love, love, love the synchronicities that brought both Kate (gift number 1) and her course (gift number 2) into my life. I was feeling stuck, lost and broken and I wanted to feel powerful, resilient and whole. I was excited to learn how to create that life and I am on a most beautiful path to exactly that now!

Would I recommend this course? God, yes! This course is a gift to humanity at this time in history. It paves a way forward through these challenging times and teaches us of our inherent worth and power so that we can help move towards unconditional love and acceptance of ourselves and others.

CAROLYN, CANADA

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