



Returning to a new normal!



Tyler Lowe – *Founder of Loving Life*

"Coping with change, anxiety and the new normal"

About Loving Life



Nominated for:

- Best Customer Service 2019
- Best Hammersmith Business 2019



Vision statement:

To provide services that help people to live life better, improving quality of life, reducing pain and discomfort, with our knowledge and skill set.



Founded in 2015 delivering Physical and Sports Therapy we noticed that most of the issues presented to us were because of sedentary 9-5 office jobs. This led us to venture into the workplace and focus on preventing issues before they arise.

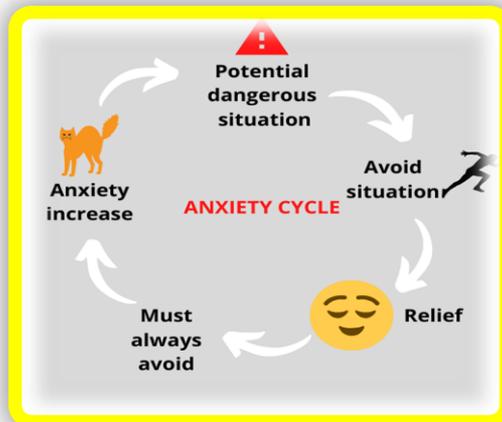


We truly believe that a happy workforce is a productive workforce and deliver services to contribute to employee well-being.



www.LovingLifeCo.com

Returning to a new normal



- Our “returning to a new normal” webinar typically lasts 30 minutes. Short, informative, interactive and engaging
- Delivered digitally via zoom
- Up to 1000 employees can login
- This workshop focuses on what we can do to guide us through to the “new normal”, reducing worry, anxiety and fear about what’s ahead
- We look at ways of coping with change, anxiety and how to adapt to the “new normal”

Topics discussed



Coping with change, anxiety and the new normal



Returning to a new normal



Transitioning through change



Public transport



Children returning to school



Looking out for colleagues



Anxiety about returning to work



When anxiety is bad



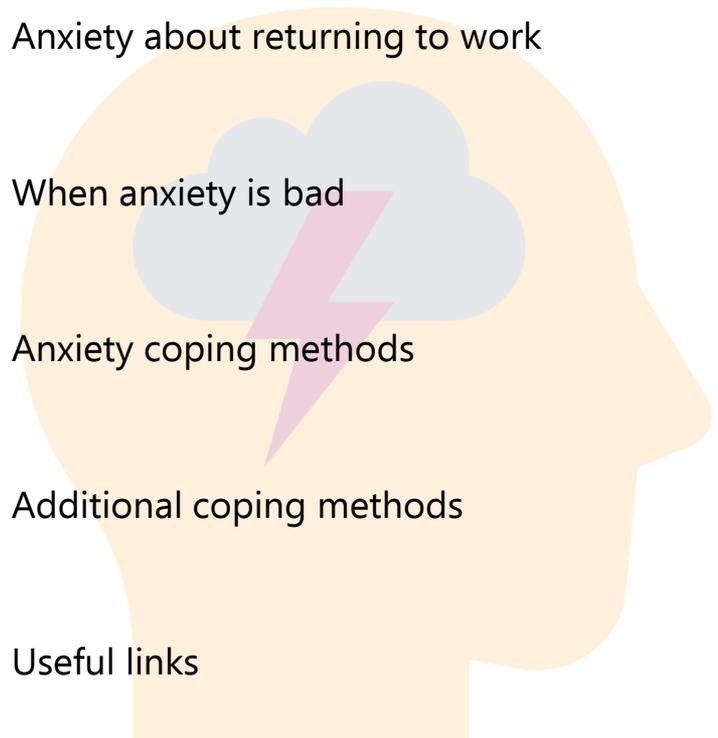
Anxiety coping methods



Additional coping methods



Useful links



"Courage is not the absence of fear, it is the ability to act in the presence of fear"

The benefits

Employee Benefits

- Build employee confidence
- Information to reduce anxiousness
- Learn the process of coping with change
- Benefits employee mental well-being
- Motivational encouragement to cope with the pandemic

Employer Benefits

- Help your staff reduce their anxiety and cope with change
- Show staff you care about their well-being
- Increase employee productivity
- Save the business money in the long term
- Fulfill your duty of care

"We're all in this together"

Employee feedback



"Excellent session, really helped to understand why we may feel anxious about returning back to the office and then goes on to suggest ways of dealing with those feelings"

"Another great session - so useful at a time like this. Learnt a few new things I was not aware of & will look into it further going forward"

"Great session, helped me stop overthinking things"

"I really enjoyed this webinar; the information was specific to the topic and concise. Any examples used were on topic and made things easy to remember and take away. I also liked that there was focus on colleagues and that others may take longer/ be more sensitive to change and to be mindful. Thorough webinar in such a short period of time - would recommend! "

"Concise and bitesize information that's easy to digest. Lot's of takeaways that are easy to remember. Small ways we can ease ourselves back into the outside world"

"The session with Tyler touched on so many things we will be worrying/thinking about when returning to work. I thought talking about peoples mental health and anxiety during this transition was really important and useful. Would highly recommend attending this webinar. "

Pricing

Pricing structure is per webinar.

Participants (Up to)	100	200	300	400	500	500+
Webinar Pricing	£249	£399	£499	£549	£599	PLEASE CONTACT FOR PRICING
Average cost Per employee	£2.49	£1.99	£1.66	£1.37	£1.20	

“Look after your staff, so they can look after your business”

Contact info



Email: Tyler@LovingLifeCo.com



Telephone: 0208 226 6244



Website: www.LovingLifeCo.com

