

WELLBEING CLUBS

Supporting your people,
now and in the future.

PROMOTE

TRAIN

SUPPORT

Delivered by Mercia
For your teams



Wellbeing Clubs

Many of us are experiencing difficult feelings and emotions during the coronavirus pandemic. With feelings of frustration, sadness and isolation and concerns about government restrictions and staying healthy, it is more important than ever that we focus on our own wellbeing and self-care.



Mercia can organise, host and facilitate a dedicated Wellbeing Club for your team. The club provides a regular opportunity to bring your team together to sit back for a while, share their thoughts and reflect on how they are doing. Keeping well is not only about being active – we also need to rest well, eat healthily, remain positive about our futures and stay well connected to our colleagues, friends and family. The sessions will focus on a range of different topics and the objective of the Wellbeing Club is to leave your team feeling happier, more productive, more positive and better motivated.



How will your own dedicated Wellbeing Club be planned and organised?

Our consultants will work with you to agree the frequency of the club (monthly, bi-monthly or quarterly) and the topics. We will then provide you with the invitation for each session for you to send to your team. We will manage all bookings and ensure that all guests are provided with access details.

Which topics can be covered at your Wellbeing Club?

Each session will be focussed on a different topic across a range of areas.

Your Wellbeing Club topics can include:

- Controlling Your Thinking
- Goal Setting and Keeping Momentum
- Happiness and Self-Contentment
- Staying Focussed when Working Remotely
- Communicating with Clarity
- Living a Healthy Lifestyle – Nutrition and Activity
- Determining Control and Influence
- Switching Off in the Remote World
- Support with Feelings of Isolation
- Dealing with Fatigue

It will not be compulsory for guests to attend each session. Guests can choose the sessions based on which topics will be of benefit to them.

Who will host your Wellbeing Club?

Your Wellbeing Club will be hosted by either Michael Siviter or John Sharkey. Individuals within your team may want to join the host and guests in facilitating the sessions.

How long does each session last?

The sessions will last 90 minutes, which will include some 'social and share' time.

How many people can attend your Wellbeing Club?

The Wellbeing Club will take place virtually in Zoom. There are therefore no physical restrictions on numbers. However, to ensure that the sessions feel open, informative and friendly, we suggest restricting numbers at each session to 20.

Who can attend the Wellbeing Club?

There are no restrictions here! Anybody can attend from all areas within your business. Guests are encouraged to come with an open mind. Participation is encouraged but not mandatory as some guests may want to just come along to listen. We would suggest all guests have their videos on.

Is there further support available?

We would encourage you to check in with your team regularly to ensure they are staying well. There are a variety of other initiatives that you can adopt to support your teams with their mental health and wellbeing. Please get in touch if you would like further support in this area.

£1,250 + VAT
per Wellbeing Club session



Your Wellbeing Club Hosts



Michael Siviter

Michael is Head of Management Training at Mercia. He specialises in helping others develop their communication, self-belief, leadership and team working skills. Michael supports clients with all aspects of people engagement and motivation and is an advocate of firms investing in both the mental and physical health of their teams. He designed and created the Mercia Wellbeing Club and also hosts the monthly Mercia Wellbeing Podcast. He is a certified NLP (Neuro - Linguistic Programming) coach and practitioner and qualified accountant.



John Sharkey

John is a Management Consultant and specialises in leadership, management and personal skills training for accountants in practice. He supports clients with both team recruitment and retention and works as an executive leadership coach. John is a trained counsellor with a particular focus on helping people overcome personal challenges. He is an engaging presenter and his presentations are renowned for their energy, enthusiasm and practical relevance and for challenging participants.

For more information on how Mercia can help you provide wellbeing support to your teams through your own dedicated Wellbeing Club, please contact management@mercia-group.com