SV HEALTH AND WELLBEING

Workplace Wellbeing for Business Excellence

THE WELLBEING BALANCE PROGRAMME

SV Health and Wellbeing empowers your teams wellbeing, reduces sickness rates, improves satisfaction, and raises employee retention

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In today's high-pressure workplace environment, wellbeing must focus on preventing workplace burnout, absenteeism, and team friction by early addressing their root causes.

The Wellbeing Balance Programme is a practical, evidence-based corporate health initiative that combines health education, cognitive behavioural approaches, nonviolent communication skills, and guided therapeutic techniques.

Why Choose SV Health and Wellbeing?

- **Proven Clinical Track Record:** Over 17 years of specialized neuro experience focused on stress modulation and nervous system health.
- **Clear Business Impact:** Tangibly reduces absenteeism, stress, and turnover while driving higher team engagement and productivity.
- **Immediate, Practical Application:** Delivers human-centered, actionable tools that support wellbeing inside and outside the workplace.
- **Flexible Global Reach:** Offers fully bilingual delivery (English & Portuguese) for 1-on-1 therapy and group workshops.
- **Measurable Results:** Tracks baseline and post-program outcomes with tailored initial and final progress surveys.

Our Core Business Values

- **Improvement:** Driven by neuroplasticity and evidence-based learning.
- **Resilience:** Rooted in neuroscience, active recovery, and emotional regulation.
- **Teamwork:** Powered by Nonviolent Communication (NVC) and conflict resolution.
- **Kindness:** Built on compassionate communication.

THE 6-MONTH WELLBEING JOURNEY

The Wellbeing Balance Programme is delivered as a progressive, 6-month structured journey, with one interactive 60 – 90 minutes workshop per month along with the possibility to combine it with individual one to one therapy sessions. This programme is designed to take teams from foundational awareness to purpose-driven collaboration:

Balance ⟶ Health ⟶ Communication ⟶ Positivity ⟶ Values ⟶ Integration

WORKSHOP 1: Finding Inner Balance

Understanding Stress, Emotional Balance & Wellbeing

- **Focus:** An accessible introduction to stress and the nervous system, exploring how the body and brain respond to workplace demands, why active recovery matters, and how to reset activation patterns.
- **Interactive Elements:** Discussion, relatable everyday examples, guided reflection and guided cognitive diffusion exercise, and practical calm-down techniques.
- **Takeaway Resource:** Includes a downloadable guided cognitive diffusion audio exercise for ongoing employee use.

WORKSHOP 2: The Four Pillars of Health

Building the Foundations of Sustainable Wellbeing

- **Focus:** Using the metaphors, participants audit the four interconnected foundations of physical and mental resilience:
    1. Sleep & Recovery
    2. Movement & Physical Health
    3. Nutrition & Hydration
    4. Mental & Emotional Wellbeing
- **Interactive Elements:** Self-reflection, practical health mapping, and drawing their personalised wellbeing plan to support daily health habits.

WORKSHOP 3: The Power of Communication

Developing Healthier Communication, Boundaries & Conflict Resolution

- **Focus:** Grounded in Marshall Rosenberg's **Nonviolent Communication (NVC)** framework, participants learn to recognize reactive communication and approach difficult conversations constructively:

  Observation ⟶ Feelings ⟶ Needs ⟶ Requests

- **Interactive Elements:** Workplace scenarios, group discussions, and role-playing communication exercises to establish healthy workplace conflict resolution strategies.

WORKSHOP 4: The Science of Positivity & Resilience

- **Focus:** Cultivating Positive Emotions for Cognitive Expansion and Performance. Based on Dr. Barbara Fredrickson's **Broaden-and-Build Theory**. Participants learn how positive emotions (like gratitude, curiosity, and hope) widen awareness, unlock creative problem-solving, and build long-term psychological resilience.
- **Interactive Elements:** The Positivity-to-Negativity ratio self-audit, daily gratitude micro-practices for teams, and guided group visualization.

WORKSHOP 5: Discovering Our Values

Understanding What Matters & What Drives Us

- **Focus:** A deeply reflective workshop exploring personal drivers, workplace meaning, and alignment between daily actions and core values.
- **Interactive Elements:** Values-mapping exercise followed by a **guided group hypnotherapy session** to enhance focus, inner alignment, and connection.

WORKSHOP 6: Sustainable Integration & Future Resilience

- **Focus:** Embedding healthy habits and preventing relapse into old patterns. Neuroplasticity, habit formation loops, and constructing a personal long-term wellbeing roadmap.
- **Interactive Elements:** Group reflection, action planning, creating workplace support pacts, and a final group guided tension release breathing session.

OPTIONAL 1:1 CLINICAL SUPPORT

To complement group workshops, organisations are given the option to provide employees with confidential 1-on-1 **Cognitive Behavioural Hypnotherapy (CBH) sessions**.

Personalised individual goals may include:

- Executive Stress Modulation
- Social & Workplace Anxiety
- Sleep Quality & Insomnia Management
- Confidence & Public Speaking
- Behaviour Change & Habit Control

DELIVERY & INVESTMENT OPTIONS

All sessions are delivered online for groups or remote teams in **English** or **Portuguese**.

Every organisation has unique team structures, wellbeing priorities, and support requirements.

We offer custom corporate packages scaled to your company size, which can include:

- The complete **6-Month Wellbeing Balance Programme** (Group Workshops);
- Standalone interactive masterclasses or lunch-and-learns;
- Allocated monthly **1:1 Cognitive Behavioural Hypnotherapy sessions** for individual staff members.

To receive a customized proposal and quote tailored to your organisation, book a brief discovery call.

READY TO TRANSFORM YOUR WORKFORCE WELLBEING?

Let's discuss how **The Wellbeing Balance Programme** can be tailored to meet your organisation's team size and health objectives.

Book a Corporate Discovery Call:

- **Website:** www.svhypnotherapy.co.uk
- **Direct Email:** info@svhypnotherapy.co.uk
- **Contact phone:** 00447557379306

Hope to see you soon,

Susana