

WHY WELLBEING MATTERS

A recent Deloitte report has found that “87% of surveyed HR and business leaders found the top issue facing their business was lack of employee engagement” *

Disengagement is often the result of work related stress, anxiety and pressure. The All Party Parliamentary Group (APPG) recently announced stress as the biggest cause for staff absenteeism in the UK, and cite the use of Mindfulness as the first-step in addressing wellbeing within the workplace.

WHY PROGRESSION PEOPLE

Progression People focus on the wellbeing of an organisation’s people to ensure a thriving company culture is developed.

Many organisations focus on developing and incentivising their top performers for business growth. However, by focusing on the wellbeing of your whole workforce, real measurable improvements and sustainable business performance can be achieved.



WHY MINDFULNESS

Through the application and practice of our Mindfulness techniques, organisations are able to empower their people to:

- ▶ Effectively manage stress and therefore increase performance & decrease absenteeism.
- ▶ Employ effective planning time management techniques to increase productivity.
- ▶ Build cohesive teams and positive working environments, resulting in a happier, more loyal workforce.
- ▶ Promote creative thought processes to assist problem solving.

OUR SOLUTIONS FOR YOUR ROI

We use specifically developed measurability scales to identify key issues and concerns for the business and the employees.

The progress of the work force is continuously and tangibly monitored to ensure the desired transformation and optimum return on investment.



To learn how Mindfulness could benefit your business, contact us today:

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* Frearson, J. Business Reporter, 2015 [Online]