

Wellbeing Training Solutions – Needs Analysis Tool

Hi there,

Thank you for downloading my need analysis tool – I am extremely excited to help you understand where you may need my support and to support and train you and your business through it.

Take some time to go through the list below and consider what would benefit your business. Once you have identified your areas of interest (and/or needs), get in touch with me for a no-obligation, no hard-sell discussion on whether this training is right for you, and if so, how to bring it into fruition.

Speak to you hopefully soon,

A handwritten signature in black ink that reads "Helen".A small handwritten "x" mark in black ink.

Personal Skills	✓	People Skills	✓	Professional Skills	✓	Leadership Skills	✓	Wellbeing	✓
Intrapersonal skills		Building connections		Coping with change		Workplace wellbeing		Heart health	
Developing a growth mindset		Engaging others		Coping with uncertainty		Psychological safety		Diet	
Understanding and responding to stress		Communication skills		Time management		Power dynamics		Activity	
Recognising and avoiding burnout		Listening		Presentation skills		Difficult conversations		Blood pressure	
Building a resilient approach		Responding		Training skills		Challenging performance		Cholesterol	
Emotional intelligence		Social awareness		Bringing your whole self to work				Alcohol	
Self-awareness		Interacting with authenticity		Giving and receiving feedback				Smoking	
Self-management		Saying no		Collaborating effectively				Sleep	
Exploring better coping skills		Building trust		Inclusive teamwork				Rest	
Cultivating courage		Setting boundaries		Managing others, for non-managers				Relaxation	
Confidence building		Understanding empathy		Arriving at your work/life balance				Behaviour change	
The opportunities in curiosity and serendipity		Behaving with compassion		Making good decisions in good time				Mental wellbeing	

Personal Skills	✓	People Skills	✓	Professional Skills	✓	Leadership Skills	✓	Wellbeing	✓
Overcoming unhelpful thinking patterns		Influence		Problem solving					
Reigning in overthinking		The problem with banter		Tech - switching off					
Stopping catastrophising		How not to cause offence							
Beating procrastination									
Knowing your values, meaning and purpose									
Easing out of anxiety									
Social anxiety									
Building motivation									
Changing unhelpful habits									
Learning flexibility									
Embracing adaptability									
Becoming a critical thinker									
Challenging imposter syndrome									
Becoming a realistic optimist									
Overcoming perfectionism for performance									