

# Increase productivity with our corporate wellbeing solutions

Chakra's training has been built to increase mental strength and resilience to high levels of stress, using early intervention for increased productivity.

We might not always be able to see mental health at work and mental health in business can seem like a huge area; sometimes HR professionals just don't know where to start. It might also seem that exploring mental health at work means we are opening a can of worms, creating lots of uncertainty around what kinds of issues might surface.

## So why bother?

When staff are mentally unwell, there is a significant cost to business. This is estimated to be between £33-42 billions pounds every year. No business is immune to staff becoming mentally unwell and research suggests that 1 in 4 people are likely to struggle with their mental health during their lives. Productivity and performance are hit hard due to absenteeism and presenteeism. The latter comes at the greater cost; presenteeism is understood to contribute two thirds to the total cost of mental ill-health at work.

There are a number of reasons staff may be present but not performing:

- Fear of the stigma and perception of being weak
- Denial or lack of understanding around their mental health circumstances
- Fear of losing their job or not being paid if they take time off
- Fear that appropriate support is not available
- Fear that they will not be believed

## The good news

The good news is that supporting mentally unwell staff does not have to take a huge effort or cost the earth and businesses can start by making mental health conversations part of their culture. This is an important part of tackling the problem as open conversation will help us to understand where the specific issues lie in our businesses. A mental health course such as the one below can give people a solid understanding of how they can take control of their own mental health circumstances and support others in doing the same.

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Call us on 0113 479 0292 | [info@chakracorporate.co.uk](mailto:info@chakracorporate.co.uk) | [www.chakracorporate.co.uk](http://www.chakracorporate.co.uk)



**CHAKRA**  
Corporate Mental Strength

Feeling the Chakra benefit...

BYTEMARK

PAVERS

LivingCare

DAILY EXPRESS

MINT  
HUMAN RESOURCES

TranQuality

Everton  
FOOTBALL CLUB

Alcumus  
Safer, Healthier, Stronger

KIRKLEES COLLEGE

MACCOMMS  
MEDIA • PRODUCTIONS • EVENTS

AMS  
Rehab Across Boundaries

NEUPC

PUMA

BOULTING

time to change  
let's end mental health discrimination

henry  
Helping Staff, Helping Teams

ASU  
All in the Same Cup

CIPD

JOURNEY FURTHER

blatchford

# A non-invasive assessment of your mental health state

## My Mood MOT

### One-to-one Wellbeing Sessions

**My Mood MOT sessions are one-to-one wellbeing sessions designed to provide insight into your staff's personal mental health circumstances and thereon understand how these can be improved.**

Together, our therapist and your colleague will run through a brief non-invasive wellbeing assessment to highlight the main areas of need and create a wellbeing action plan to be followed and reviewed at a convenient time (typically one month later). The action plan will be achievable, realistic and agreed by both parties. Sessions last one hour and can be run onsite in your working environment.

The data generated by our wellbeing assessments can be shared with you so that you may gain insight into the wellbeing of your business, however, the identifying detail will be anonymised to preserve confidentiality of our My Mood MOT clients.

#### Outcomes:

- Access a safe, confidential space to express mental health concerns
- Agree achievable mental health goals with a qualified therapist
- Create a structured plan to work towards your better mental health
- Benchmark progress with a regular review

Course length: 45-60 minutes

Group size: One-to-one

Location: Your Workplace

Ideal for any staff that are interested in improving their mental health.

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Call us on **0113 479 0292** to find out more or to book a course.  
Or you can always email us on: [info@chakracorporate.co.uk](mailto:info@chakracorporate.co.uk)

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