



# TREESONALS

CONSULTING

SUPPORTING LEADERS,  
MANAGERS AND HR



WELLBEING AMBASSADOR PROGRAMME  
COURSE BROCHURE

# TRANSFORM WELLBEING AND PERFORMANCE

As work demands continue to grow, supporting employee wellbeing is now a priority.

The Wellbeing Ambassador Programme equips your leaders and managers with the tools to:

- Support positive mental health
- Boost productivity
- Foster a culture of wellbeing
- Thrive as a leader without burning out

This innovative programme trains your leaders to become Wellbeing Ambassadors, ensuring that wellbeing initiatives are integrated with your existing positive practices and remain relevant.

## Why Choose this Programme?



**Science-Backed Approach**  
Grounded in positive psychology research.



**Tailored to Your Organisation**  
Develop your leaders to drive wellbeing initiatives.



**Long-Term Impact**  
Create sustainable wellbeing practices.

## Ready to revolutionise your workplace wellbeing?

Join the ranks of forward-thinking organisations that prioritise their most valuable asset: their people.



LEADERS ARE ALREADY

# WELLBEING AMBASSADORS

Leaders wear many hats, one of which is supporting employee wellbeing. They often step up to this challenge without any strategy, tools or support. The unique REST & RISE™ model addresses these gaps, providing your leaders with a method to increase wellbeing and performance in their teams without burning out.

## A WHOLE ORGANISATIONAL APPROACH

### Leaders as Wellbeing Ambassadors

- Role model wellbeing
- Gain confidence and tools to support their teams
- Collaborate on effective wellbeing initiatives.

### Wellbeing Interventions

- Leaders learn to apply the REST Method™ to wellbeing interventions.
- Relatable, Enjoyable, Sociable and Trackable interventions create lasting change.



### Organisational Outcomes

- Leaders learn to increase Resilience, Innovation, Success and Engagement in their teams.
- This is measurable with the RISE Pulse Survey™.

### Organisational Support

- Leaders engage with the Board to develop strategy.
- Leaders proactively support their Teams wellbeing.

# COURSE CONTENT

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The comprehensive Wellbeing Ambassador Programme for Leaders is designed for maximum impact with live and interactive modules to upskill and build confidence.

Delivered Online or In-Person | 2 Hour Modules | Max 10 People | Interactive and Live Learning

## Module 1: Personal Wellbeing

In this module you will:

- Assess your own state of thriving with the RISE Pulse Survey™
- Recognise your symptoms of surviving and move towards thriving
- Take action to boost your physical, emotional and psychological wellbeing
- Experiment with positive psychology tools to reduce stress and build resilience
- Apply the REST Method™ to create sustainable healthy habits that last.

## Module 2: Strengths-Based Leading

In this module you will:

- Complete a Strengths Psychometric to explore your 'best self' as a leader.
- Utilise your unique strengths to enhance your role as a Wellbeing Ambassador.
- Learn to identify character strengths in your team to support them to thrive.
- Develop confidence to lead coaching conversations that support wellbeing.
- Discover how a strengths-based culture can support wellbeing and drive performance.

## Module 3: Leading Wellbeing Initiatives

In this module you will:

- Build on your personal wellbeing development to role model and support others.
- Learn about positive psychology tools to enhance wellbeing and performance at work.
- Create and implement effective wellbeing initiatives tailored to your workplace.
- Support your team to engage in healthy habits to help them thrive.
- Master the REST & RISE™ model to create sustainable wellbeing initiatives and measure the positive impact on your team.

## KEY BENEFITS

# WHY THIS PROGRAMME WORKS

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The Wellbeing Ambassador Programme doesn't just focus on mental health issues, it propels your leaders and teams to thrive. Based on cutting-edge positive psychology research, we focus on practical tools that allow your people to be more Resilient, Innovative, Successful and Engaged.



### FOR YOUR LEADERS

- Build resilience against burnout through proven self-care strategies
- Model effective wellbeing practices that inspire your team
- Gain confidence in supporting mental wellbeing conversations



### FOR YOUR TEAM

- Create a strengths-focused environment that boosts mental health
- Design targeted wellbeing initiatives that resonate with your team's needs
- Provide meaningful support through skilled conversations and appropriate signposting



### FOR YOUR ORGANISATION

- Reduce absenteeism and turnover through improved employee wellbeing
- Build a more resilient workforce that performs better under pressure
- Create sustainable cultural change through practical, tailored approaches

# THE IMPACT AT A GLANCE

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The Wellbeing Ambassador Programme has demonstrated consistent impact across diverse organisations, from universities and schools to charities and various corporate settings. The data shows that participants experience significant positive changes:



feel equipped to  
support others'  
wellbeing



report improved  
personal wellbeing



experience  
enhanced  
workplace  
performance



recommend the  
programme to  
others

## Evidence-Based Approach

The Wellbeing Ambassador Programme was part of a research project conducted at Buckinghamshire New University. The findings validated the approach by demonstrating that when delegates engage with the wellbeing training, they not only improve their own wellbeing but create supportive communities that foster positive change.

**A Funded Wellbeing Project lead by  
Associate Professor Margaret Rioga, BNU, 2023**





# Wellbeing

AMBASSADOR PROGRAMME™

Licensed by GOLDCREST

"Wellbeing interventions are much more than preventative measures for mental health problems. They are about creating opportunities and the environment for individuals to thrive."

CLARE MARTIN  
Founder, Goldcrest