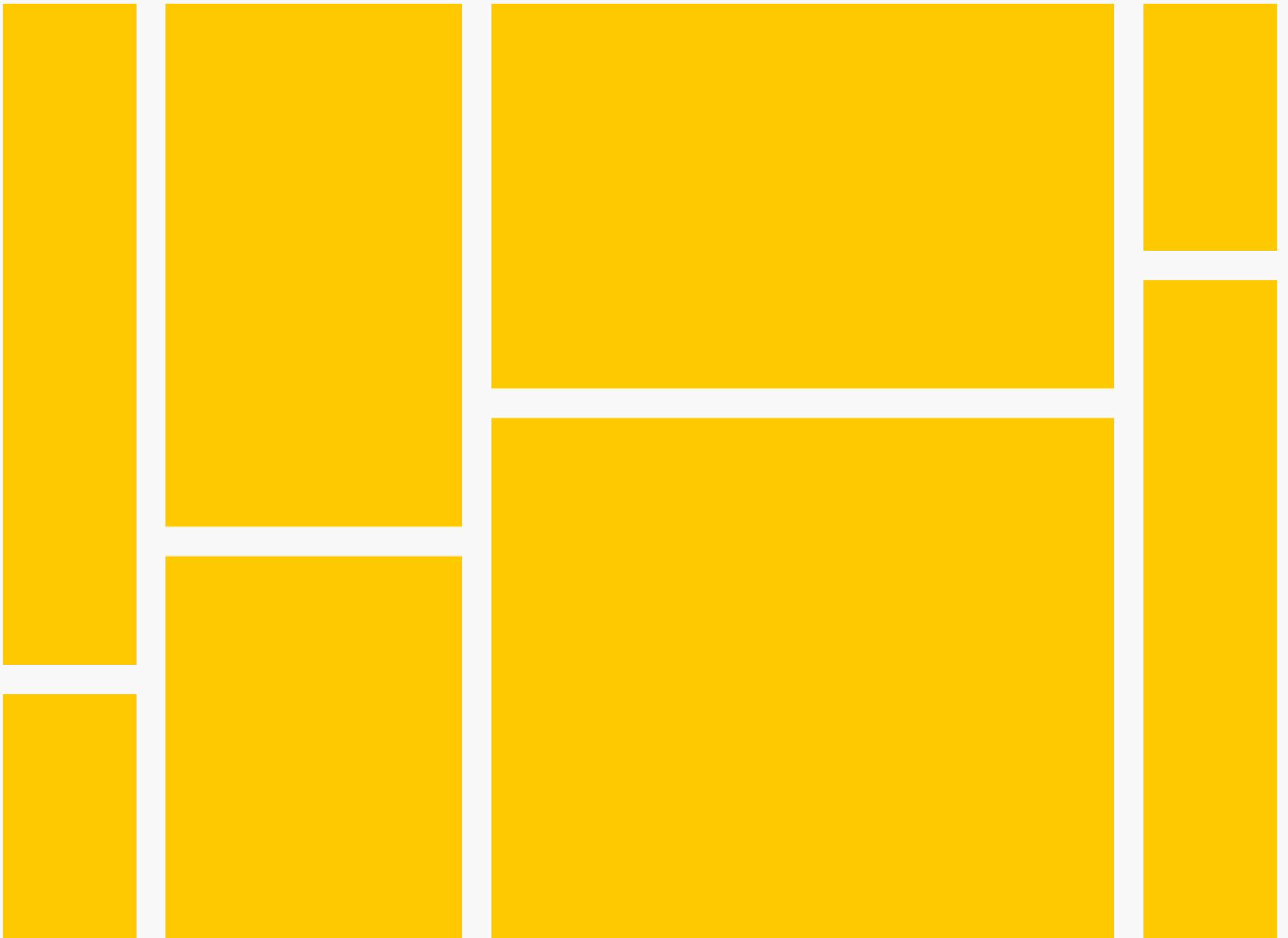
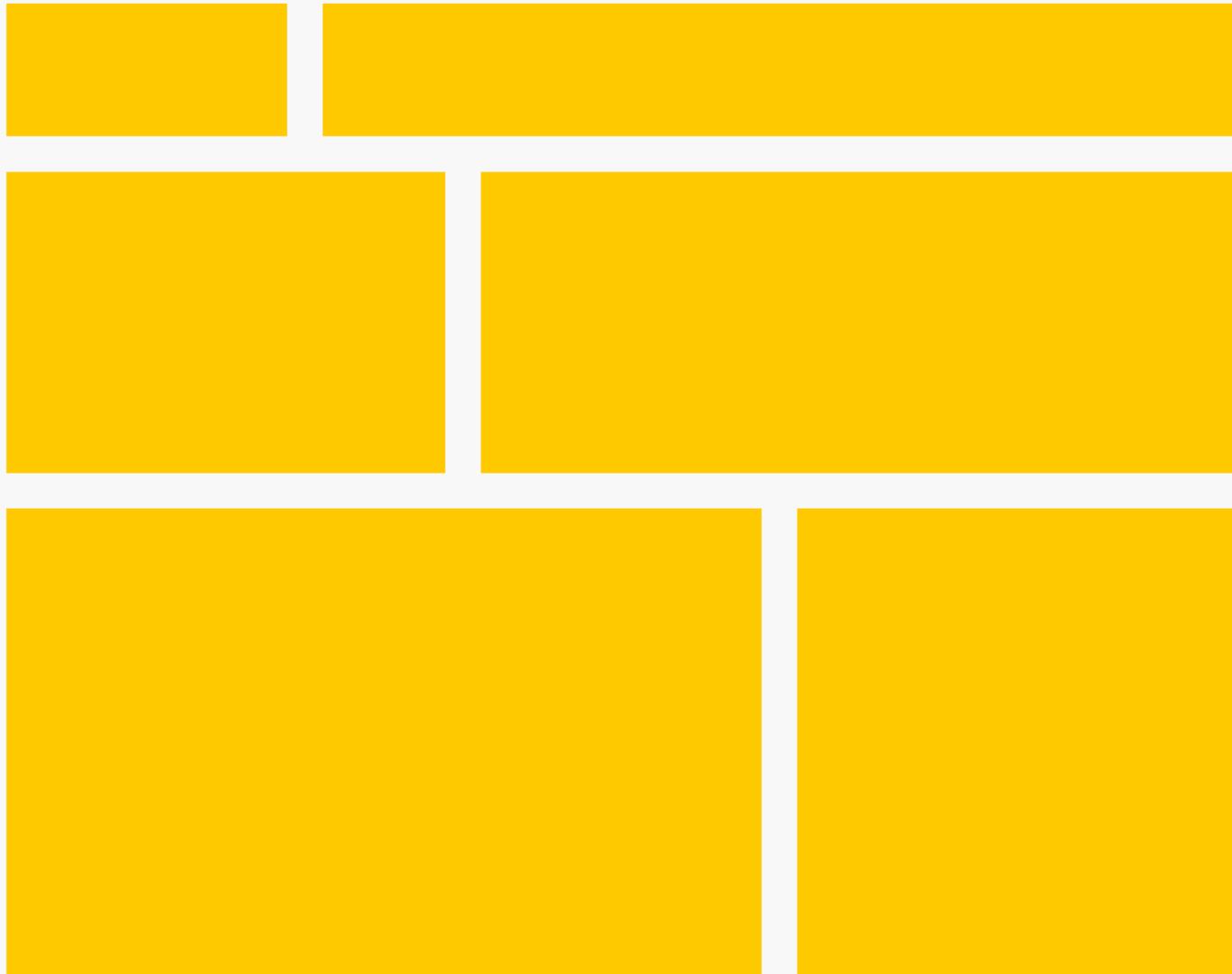


The School of Life for Business

Employee Wellbeing



Our Approach to Wellbeing

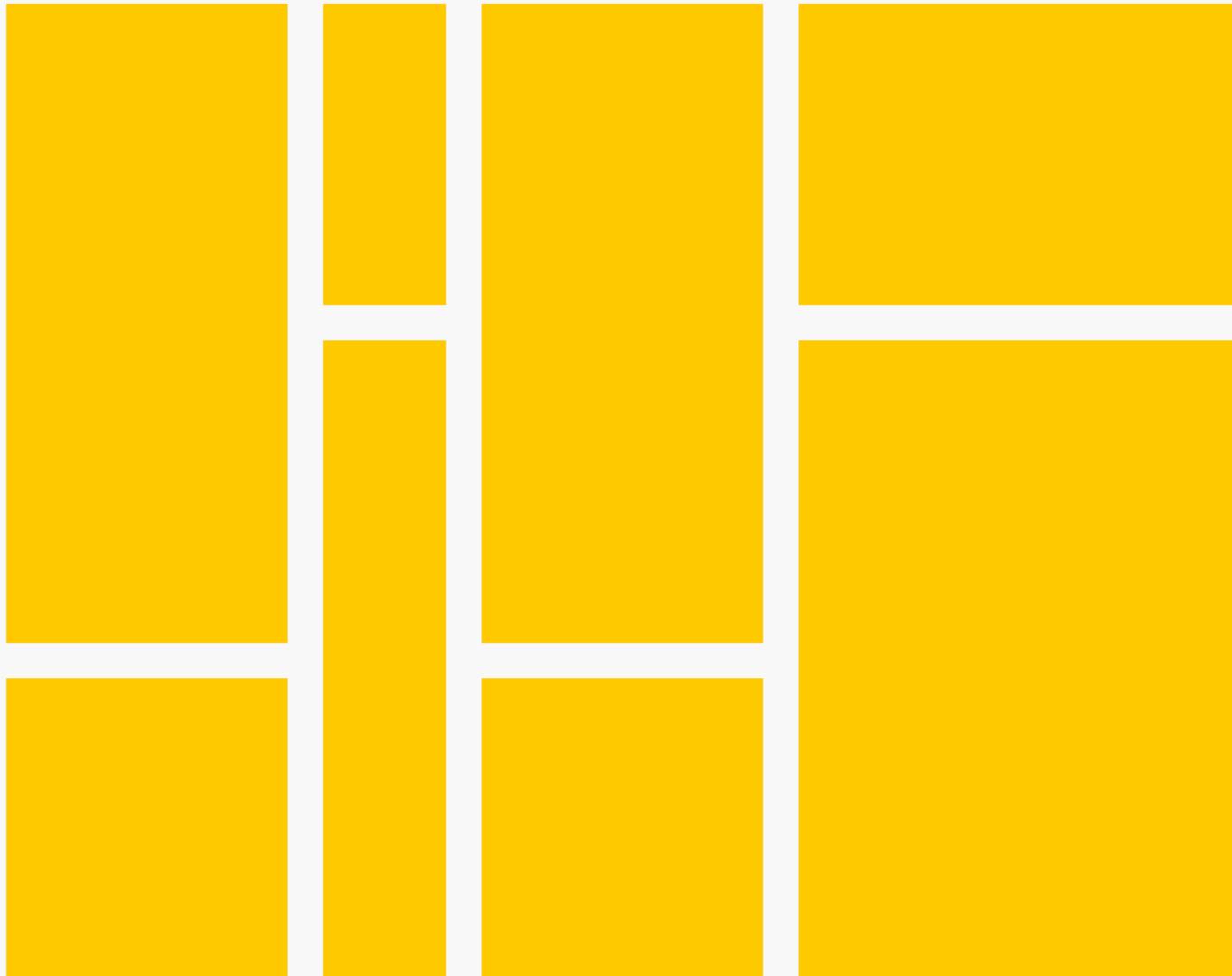


WELLBEING is about more than being well rested or well taken care of. At The School of Life, we believe it concerns the flourishing of human potential; setting about your day with a firm sense of what matters and why.

Organisations which promote wellbeing ensure that their team has the emotional resources to enjoy their work and realise their full potential. Giving team members a chance to gain self-understanding and work on key emotional skills such as communication and diplomacy improves productivity and helps people to understand what drives their sense of personal satisfaction.

In uncertain times, we all find ourselves with questions which need answering; questions about how we live and the meaning which defines our work. The School of Life has dedicated more than a decade to helping individuals and organisations gain insight into what really motivates them; providing time and space for reflection and discussions which have the power to transform the way people think.

What We Do



THE School of Life provides a range of different products and services designed to improve self-knowledge and create space for contemplation.

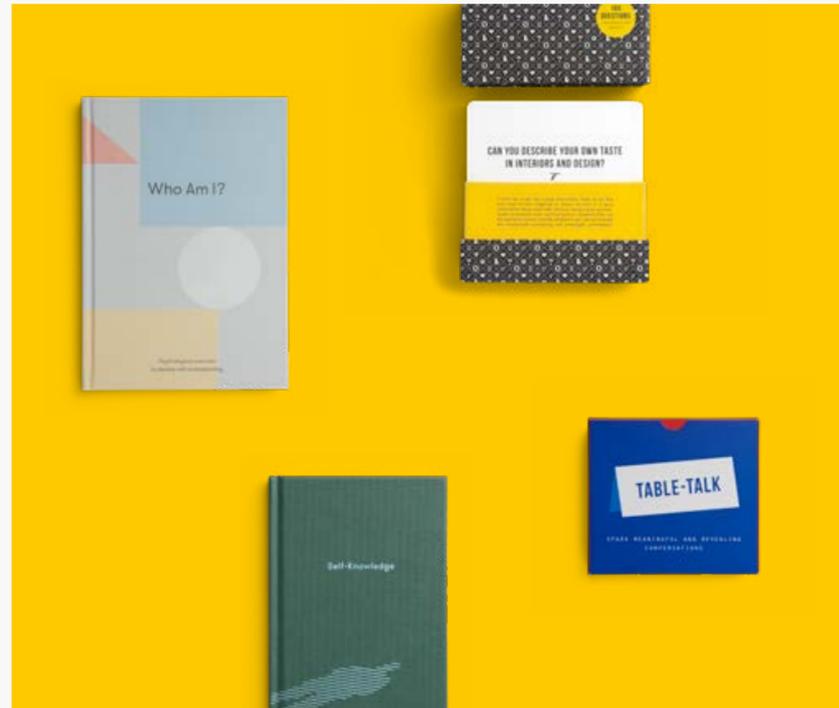
Our workshops and classes feature expert teachers, enlightening content, interactive exercises with other participants, practical guidance,

comfort and consolation. They are an introduction to key topics around the themes of love, self, culture and work. Our books and gift sets are individual tools which allow recipients to carry on the same process of exploration and discussion at their leisure.

WHAT WE OFFER

- The Employee Wellbeing Pack
- Vouchers for any value you choose
- Individual products

EMPLOYEE WELLBEING GIFT SET



MODERN working life is often defined by being productive and staying busy. We pride ourselves so much on activity and effort, it's little wonder if the emotional side of work – where we might look for purpose and fulfilment – can become neglected. To remedy this sometimes-lopsided equation, we need to foster a sense of wellbeing which ensures our productive hours are energetic and enriching.

This gift set brings together tools which allow team members to investigate their motivations and think, in gloriously open-ended fashion, about the broader

questions which surround work. 'Self Knowledge' and 'Who Am I?' are designed to get us asking questions about what we want and why our outlook on life has been shaped in certain ways. The 'Table Talk' and '100 Questions' cards allow us to spark meaningful discussions and think about familiar issues in fresh, eye-opening ways.

If you prefer to build your own pack or select just one product from our full range, please contact us (details on page 6).

STAFF VOUCHER



THE way we feel about work defines how we perform at work, and so everyone deserves a chance to think and reflect on the emotions which underpin our careers.

Whether as a means of saying thank you or to ensure your team enjoy a chance to reflect and practise self-care, our gift vouchers allow the recipient to take full advantage of products and services designed to promote wellbeing and self-knowledge.

CONTACT US

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