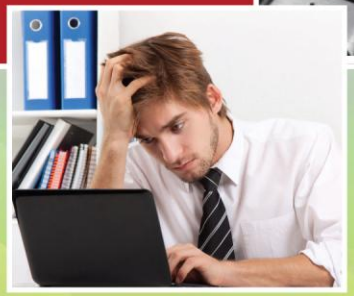
IMPACT Wellbeing Programme

Workplace Wellbeing for Adults

A simple, adaptable programme to help effectively manage stress and improve wellbeing in the workplace.

People are taught simple relaxation techniques with a mindfulness-based approach. They gain an understanding of the causes and effects of stress and develop skills for life.



Used by those responsible for corporate and staff wellbeing; for individual stress management and team training.

IMPACT Wellbeing Programme helps people to:

- Understand and manage stress
- Feel calmer and improve concentration
- Gain confidence
- Develop friendships / good relationships
- Improve their physical, mental and emotional health

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Instructor's Training

Develop skills for life

Resources available to download from the Touchline Training website.

Adults attend a one-day IMPACT Wellbeing Programme training course; Workplace Wellbeing for Young People and Adults.

Instructors teach individuals and groups using one-off sessions or a series of workshop, to deliver the programme.

"A lovely, calming session; very well explained and easy to understand."

Teacher, Staff Wellbeing Workshop

"It will complement my existing skills and knowledge and will be a programme I can use."

Instructor, NHS Manager

Make wellbeing YOUR concern!

For further details visit: www.impact4wellbeing.co.uk

For your local instructor please contact:

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