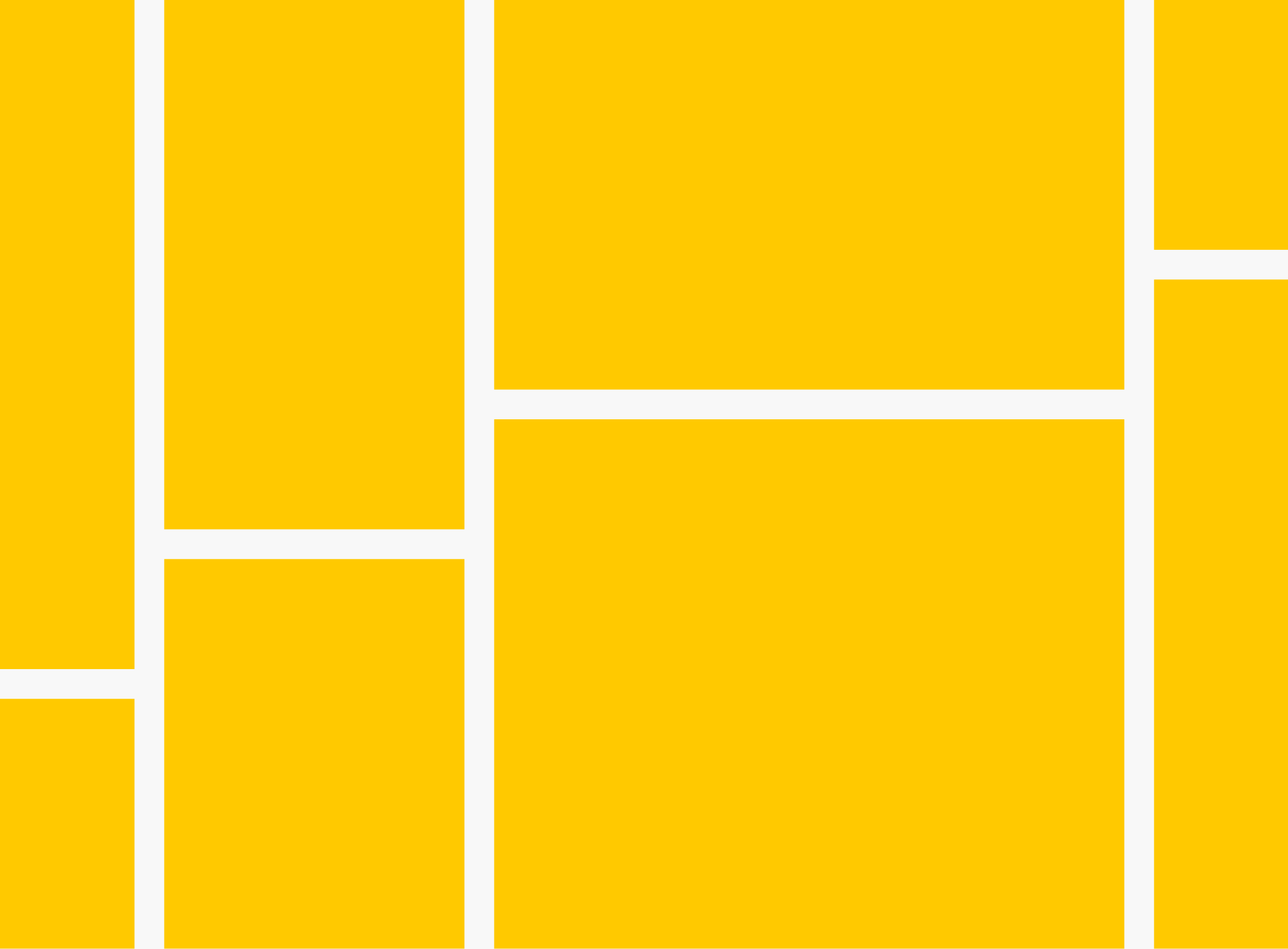


The School of Life for Business

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.

The most productive, energised organisations understand the importance of mental wellbeing. Protecting against burn-out and stress, promoting an authentic sense of purpose, enabling people to develop positive habits of thinking: these are not welcome additions to working life, but strict necessities in a workplace that truly supports and nurtures talent.

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



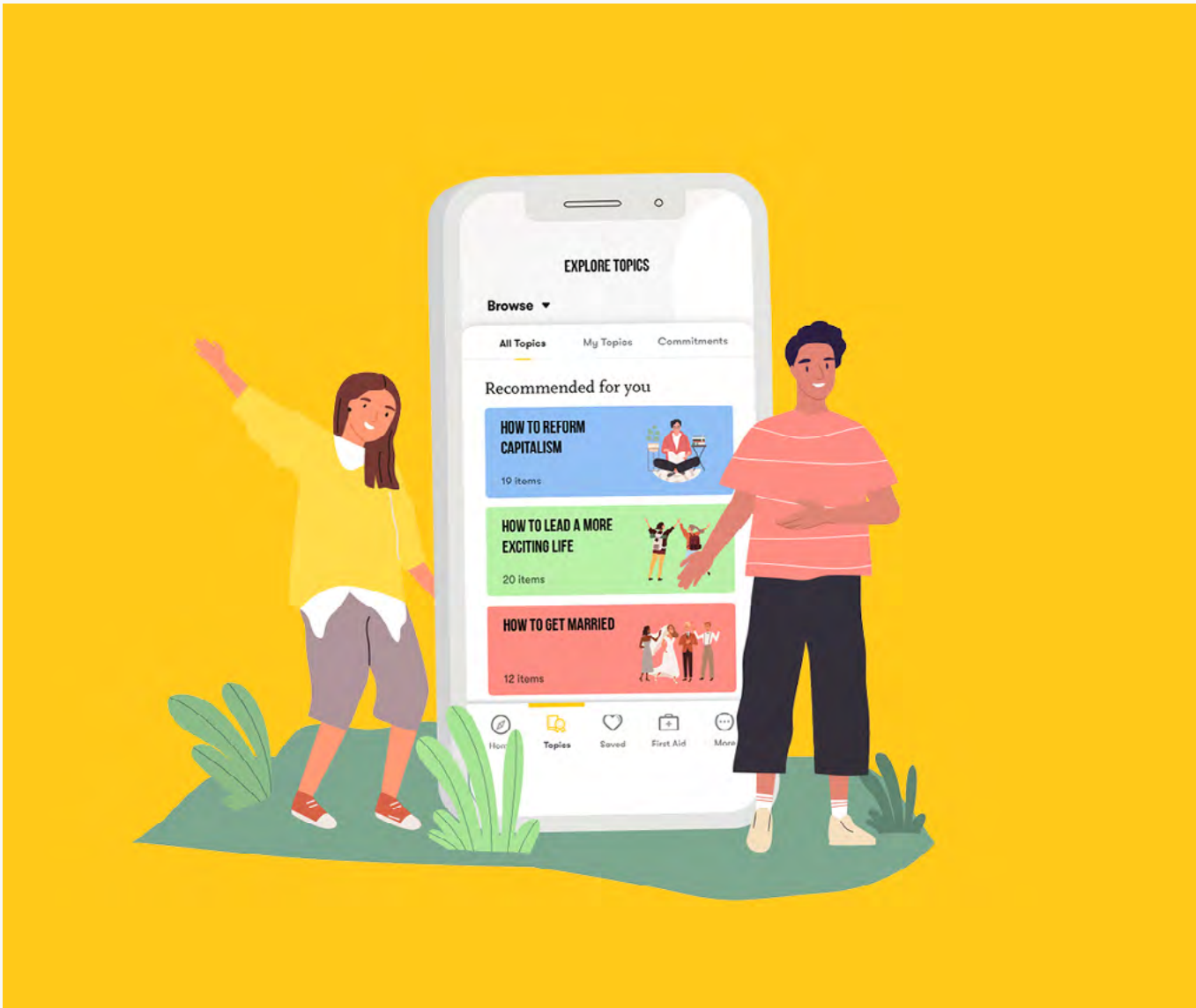
OUR APPROACH to employee wellbeing is centered around core ideas found in psychotherapy. In particular, the belief that an interrogation of our past has the potential to transform the way we view the world and ourselves, leading to a healthier and more resilient understanding of our own potential.

We have developed a range of interactive content – accessible through The School of Life App – that promotes reflection and encourages people to engage in challenging, but fruitful areas of self-analysis. This provides a self-directed learning resource that is ideally combined with a course of online therapy, delivered by an experienced relational psychotherapist

who can develop initial areas of enquiry and facilitate a fuller conversation around any issues that arise. Employees can book appointments with a highly-trained practitioner at their own discretion, and use that time to explore any concerns or emotional blockages that may be hindering their professional development.

In concert, these two strands work together, with one shedding light on the other to create a programme with the potential to transform a participant’s emotional health. Whether provided to your employees as a complete package or individually, these services can develop the ideal foundations of good mental health and emotional wellbeing.

The School of Life App



WE OFFER an emotional wellbeing app that, on a daily basis, feeds users the best ideas around self-care, in a way that is constantly entertaining, compelling and helpful.

Topics covered include the best approach to relationships, family life, workplace issues and anxiety and burn out.

Psychotherapy for Companies



WE PROVIDE a psychotherapy service especially geared towards the needs of employees: sensitive to workplace dynamics, alive to privacy issues and conscious of the importance of scheduling flexibility and cost-effectiveness.

We are a psychodynamically informed Therapy Service, and although our Therapists come from a range of modalities, the majority are integrative in their approach. We currently have a team of Psychotherapists who are all accredited with the BACP, BPS and/or UKCP.

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