



SMALL BUSINESS FRIENDS PROGRAMME

A 12 MONTH PROGRAMME FOR SMALL BUSINESSES TO HELP THEM SUPPORT THEIR EMPLOYEES MENTAL WELLBEING

What's included in the 12 month programme?

We know looking after your employees in a small business can be time consuming and expensive, but we also know how important it is. Our Small **Business Friends Programme** offers you a 12 month programme that you can easily sign up for and know that your employees mental wellbeing is looked after.

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FRIENDS

2 WEBINARS FOR YOUR EMPLOYEES

- The Balancing Act: How to Prioritise your Wellbeing
- · The Wellbeing and Performance Connection

2 PODCASTS FOR YOUR EMPLOYEES

- · Men's Mental Health
- · Women's Mental Health

FRIENDS HUB ACCESS

packed with How To Worksheets and video content about mental wellbeing



1ROUNDTABLE

for your wellbeing lead to interact with other small business's around wellbeing challenges and success's



BESPOKE COMPANY REVIEW

on signing up – looking at your mental wellbeing provision with ideas and solutions provided



BESPOKE COMPANY REVIEW

after 9 months



Cost: Just £1,995 + VAT for 12 months - so for a company with 100 employees that's less than £20 per employee!