

A hand holds a clapperboard in the foreground, partially obscured by a large teal rectangular overlay on the right side of the image. The clapperboard has a black top bar with a colorful chevron pattern (green, yellow, blue, red). Below this, the word 'STUDIOS' is printed in large, bold, black letters. Underneath 'STUDIOS', the words 'SCENE' and 'TAKE' are printed in smaller black letters. Further down, the words 'DATE', 'PROD.CO.', 'DIRECTOR.', and 'CAMERAMAN' are visible in black text. The teal overlay on the right contains white text: 'Wellbeing at Work' in a large font, 'For the Creative Industry' in a smaller font, and 'Training Brochure 2019' at the bottom. Two thin white horizontal lines are positioned above and below the subtitle.

# Wellbeing at Work

For the Creative Industry

Training Brochure 2019

Brochure Prepared by Céline Terranova - The Part-Time Artist

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# Creative Industry and Mental Health

Research has found that creative industry workers are three times more likely to suffer mental health problems. Specific characteristics of the creative sector work environment, such as irregular work, high standards and working hours, contributed to the likelihood of developing mental health problems.

A cultural shift within creative organisations large and small is required to improve the work environment and provide a kinder, more supportive and less stressful culture across the sector.

# Benefits of Promoting Wellbeing in Your Organisation

- ✓ Increased productivity from employees and managers
- ✓ Less sick days, less staff turnover
- ✓ Managers are more confident and more efficient
- ✓ Employees are more proactive and more committed
- ✓ Better customer service and less complaints
- ✓ Reduced time spent dealing with behavioural and/or team problems
- ✓ Improved reputation in the industry and advantage over competitors



# Programmes

## WELLBEING FOUNDATION COURSE

Suitable for: **managers, team leaders, supervisors and HR professionals.**

This in-depth training is designed to provide managers with the knowledge and practical skills to confidently and effectively manage wellbeing within their teams.

This course will cover:

- Managing & People Skills
- Legal Obligations
- Mental Health
- Work Environment

**Cost: £99 per attendant if training in-house, £119 if external (min. 5 attendants)**

**Duration: 1 day**

## WELLBEING AWARENESS COURSE

Suitable for: **all employees and staff, at any level of the organisation.**

This awareness training is designed to help all employees manage their own wellbeing, improve communication with management and reduce issues.

This course will cover:

- Mental Health at Work
- Job Satisfaction
- Facing Bullying
- Stress Prevention

**Cost: £49 per attendant if training in-house, £69 if external (min. 8 attendants)**

**Duration: half a day**

## INDIVIDUAL TRAINING & COACHING

**If your organisation is currently facing specific issues, or if you would like to support specific people, I offer individual sessions. Contact me for more information.**

# Why Work With Me?



I have an extensive experience in the entertainment industry, from staff to manager level.



I offer a tailored approach to your training needs.



My trainings are interactive and empowering.



I take in account business needs, such as productivity and revenues.



# Contact



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**STUDIOS**

SCENE

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ROLL

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SOUND