

EMPLOYEE WELLBEING SERVICE

SUPPORTING YOUR TEAM

THROUGH COVID-19 AND BEYOND





The unprecedented pandemic of Covid-19 has affected all of us and changed many things in our lives, but importantly it has created an environment which requires a different approach to work.

With teams working from home and furlough and redundancy often on the cards, it has demanded a blurring of the often previously drawn line between "personal" and "professional". Peoples' homes have become their offices, intrinsically linking their relationships with themselves and others to their work. Like their organisations, employees have had to adapt to an increasingly difficult and unstable environment.

The personal toll this has taken on many has been devastating. Some people have sadly lost loved ones, taken up additional caring responsibilities and anxiety is dramatically on the rise ¹.

Support has never been more important than it is now and we would like to help.

1. Office for National Statistics (2020)

<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/coronavirusandanxietygreatbritain/3april2020to10may2020>

**20
MILLION**

people have had their
work affected

1 IN 5

are finding working
from home difficult

37.4%

said their wellbeing
has been affected

1 IN 5

say their relationships
have been affected

49.6%

reported an increase
in anxiety



IMPACT

THERE IS A SIGNIFICANT IMPACT ON PEOPLE'S RELATIONSHIPS IN AND WITH WORK

2. Office for National Statistics (2020)

<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/coronavirusandanxietygreatbritain/3april2020to10may2020>

3. Office for National Statistics (2020)

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandwellbeing/bulletins/coronavirusandthesocialimpactsongreatbritain/7may2020>

4. The King's Fund (2020)

<https://www.kingsfund.org.uk/blog/2020/05/impact-covid-19-working-relationships>



ONE –

HOW CAN YOU HELP YOUR TEAM AND COMPANY?

That is where we come in.

Whilst there is much we still do not know about Covid-19, the research suggests that the impact on people's mental wellbeing, personal lives and relationships with work will be with us for a long time.

As a relationships charity, we understand emotional and mental wellbeing. We understand people's relationships with others in their life – the ups, the downs and the losses. We also understand the relationships between people and their work and people and their colleagues.

We're passionate about delivering something that works for each individual business and team, as everyone has been affected differently during Covid-19.

However, most of us have one main thing in common – things have changed and we need some support.

REASONS TO WORK WITH US:

- + We have nearly **40 years' experience** supporting people with their wellbeing and relationships
- + We have a **solid understanding of complex issues** that employers are often faced with, but are unsure how to manage
- + By working with a charity, anything you invest in your employee's wellbeing with us is **directly non-profit**, which means it goes back into supporting people who need it most



TLC

TWO –

HOW CAN WE HELP?

WHAT CAN WE OFFER

Counselling

We can offer counselling to your team, which provides employees with a safe and non-judgemental space to talk about any issues they are facing and help them to think about ways to approach them.

This can be offered to just your employees, or some businesses choose to include couples counselling in this. The support will be offered remotely either over the phone or video, depending on what the person is most comfortable with.

WHY PEOPLE MAY NEED SUPPORT:

- + Furloughed staff feeling **isolated** from their roles and teams, or feeling **anxious** about returning to work
- + Staff members who are going through the **redundancy process**, or those who are anxious about potential redundancy
- + **Pressures** on senior members of staff, or staff who have had to take on **additional responsibilities**
- + General adjustments to **work life balance** when working from home
- + People going through **separations with partners** or families during Covid-19
- + Pressures on those who have **caring responsibilities** for sick or elderly relatives
- + **Death, loss or grief** due to, or during Covid-19



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Working with TLC: Talk, Listen, Change has been great.

We first reached out to TLC with no idea how the process would work and what to expect. The communication was amazing, we were given options and suggestions regarding how your services could work best for us. We've had great feedback from you coming and speaking to our staff, you make everyone feel at ease and promote what's on offer excellently. We love the services available for our staff, when we do staff inductions and explain the benefits, they think the TLC: Talk, Listen, Change offer is, in particular, brilliant. They find it very reassuring, knowing if something happens to them, they now have somewhere to go for help.

All our staff who engage with your services only have good things to say about your charity and the team they're working with.

Our relationship with TLC: Talk, Listen, Change in general is ace!

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- BANC MEDIA MARKETING AGENCY
CORPORATE CLIENT

interested in learning more?

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Change

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