



Talk  
Listen  
Change

Safe, healthy,  
and happy  
relationships in  
and out of the  
workplace.

[talklistenchange.org.uk](http://talklistenchange.org.uk)

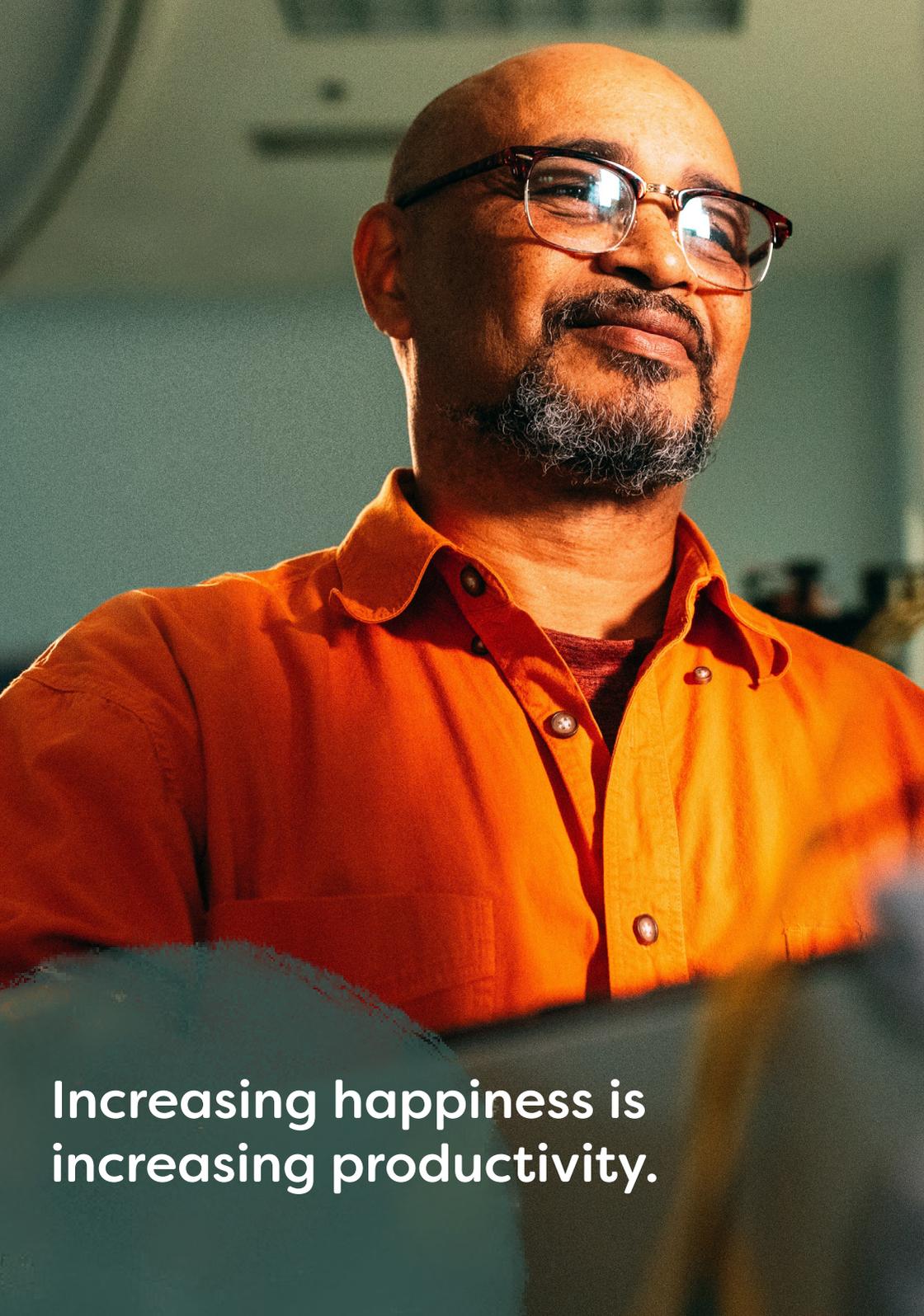


TLC: Talk, Listen, Change

Do you want your  
employees to feel safer?  
Healthier? Happier?

At TLC: Talk, Listen, Change, we can help.





Increasing happiness is  
increasing productivity.

## A happier workforce is a more productive one.

Benefit your company and your community by partnering with us to support safe, healthy, and happy relationships in and out of the workplace.

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Did you know? Investing in the wellbeing of your employees increases productivity at work.

Research has shown that a happier workforce leads to lower employee turnover, less absenteeism, and less ‘presenteeism’<sup>1</sup> – the act of working performatively, but not productively.<sup>2</sup>

At TLC: Talk, Listen, Change, we can help you get the best out of your employees by ensuring they are the happiest they can be at work. We offer a range of bespoke assistance programmes, including counselling and training, to help improve the wellbeing and emotional resilience of your workforce.

1. New study shows we work harder when we are happy ([warwick.ac.uk](http://warwick.ac.uk))

2. BAD-FOR-BUSINESS.pdf ([namimass.org](http://namimass.org))

There are many organisations that provide mental health support for business employees, so what sets us apart?

At TLC we deliver a range of innovative programmes for adults and young people, which improve emotional wellbeing and promote safe, healthy and happy relationships.

We have over 40 years' experience providing counselling and therapy, and we have held British Association for Counselling and Psychotherapy (BACP) accreditation since 2003.

We also hold expertise in providing support for people who have complex and turbulent lives, and those who might be affected by domestic abuse.

We work hard to make our services accessible to everyone and celebrate uniqueness. We don't judge - we listen to people's concerns and adapt our approaches accordingly.



**bacp** | Accredited Service  
collective mark

**Respect**  
Accredited



We understand relationships and the impact they can have on mental wellbeing.

97%

of counselling clients were very satisfied with our services

87%

of those supported felt emotionally better

1000

people supported by our counselling services last year

## What we can offer your organisation:

- Counselling packages
- Wellbeing training
- Clinical supervision
- Safeguarding training
- First-response training
- Healthy relationships workshops
- Specialised behavioural services targeting unhealthy behaviours

**We can tailor our programmes to fit your needs.**

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Our counsellors are trained to support people dealing with a wide range of issues including:

- Relationship problems
- Sexual issues
- Drug and alcohol-related problems
- Cancer and other chronic illnesses

## What else do we do?

Outside of counselling, we offer a range of services to support safe, healthy and happy relationships across the North of England, including:

- Domestic abuse support
  - Separation support
  - Family mediation
  - Community projects
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Contact [hello@talklistenchange.org.uk](mailto:hello@talklistenchange.org.uk) to discuss what your bespoke wellness package could look like.



Learn from our  
expertise through theory,  
skills and guidance.

## Our relationship with you:

Follow these steps to help us choose the best package for your business.

### Step 1:

#### Initial contact:

Email [hello@talklistenchange.org.uk](mailto:hello@talklistenchange.org.uk) to register your interest and start your journey with us.

### Step 2:

#### Introductory meeting:

We'll meet with you to discuss your requirements and develop your tailored counselling package.

### Step 3:

#### Organisational briefing:

If you decide you'd like to work with us, we can deliver briefing sessions for your staff about our offer.

### Step 4:

#### Feedback and evaluation:

We will check-in with you every quarter to make sure you are happy with our services. We want to hear about your experience working with us and if we can make any adjustments to improve the wellbeing of your employees.

Banc

Employee Counselling Partner



“Our colleagues know how important we take people’s health and wellbeing.”



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[hello@talklistenchange.org.uk](mailto:hello@talklistenchange.org.uk)



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