



# Wellbeing Clubs

Promoting Positive Wellbeing  
in the Workplace



# Wellbeing Clubs

## Why choose 3Qhub to deliver your Wellbeing Club?

Promoting positive wellbeing in the workplace can help prevent stress and create positive working environments where individuals and firms can thrive. Good health and wellbeing can be a core enabler of employee engagement and business performance.



3Qhub can arrange and run your own Wellbeing Club. Your Club can focus on a range of topic areas, allowing your team to share their experiences, feelings and ideas during the session. Research shows people have lower levels of anxiety and higher self-esteem when they feel more connected to others; your Club will help provide that sense of connectedness.

The overall objective of the Wellbeing Club is to leave your team more engaged in the present, better connected with their colleagues and feeling more positive about the future.

We believe a happy and healthy workforce is essential in building a successful business.



## **What are the main benefits of a Wellbeing Club?**

Fostering employee wellbeing is good for your people and your business. Investing time and resources into a regular Wellbeing Club shows your teams that their health, happiness and wellbeing is a priority to your business.

An employee who has positive wellbeing will feel more connected to the business through better engagement in their work and relationships with others, and derive meaning from the work they do. This in turn should lead to increased motivation and productivity.

## **How can your Wellbeing Club be delivered?**

We can host your Wellbeing Club in person at your offices or virtually. With the shift to hybrid working, most firms favour the virtual option to limit the impact on chargeable time. The online platform allows the use of Breakout rooms for discussions and attendees will be able to speak to the Wellbeing Consultant in private to discuss any points in more detail.

## **How will your Wellbeing Club be organised?**

We will work with you to determine how often to hold the Club meetings (e.g. monthly, quarterly etc.) and we can help you to decide what topics to cover. We will prepare the invitation for each meeting which you can then forward to your team.

## **Which topics can be covered at your Wellbeing Club?**

Each session can focus on a different topic from a range of areas. Topics can include:

- Living Your Best Life
- Helpful Thinking
- Coping With Pressure
- Achieving Your Goals
- The Importance of Relaxation
- Focussing on What You Can Control and Influence
- Switching Off in the Hybrid Working Environment
- Staying Connected
- Developing Your Assertiveness
- Finding Fulfilment
- Staying in Your Own Lane
- 5 Ways to Positive Wellbeing

Attendees should choose the sessions based on which topics will be of most benefit to them. There is no need for attendees to attend each session.





## Hosting

Your Wellbeing Club will be hosted by a 3Qhub Wellbeing Consultant. Our Wellbeing Consultants are all experienced facilitators and coaches with extensive experience in leading and supporting teams.

## How long are the sessions?

The sessions will last 90 minutes, which will include some time to socialise with fellow attendees. There will be an additional 30 minutes allocated at the end of the session where attendees can speak with the Wellbeing Consultant in private.

## How many can attend?

To ensure that the sessions feel relaxed, informal and to encourage participation, we suggest restricting numbers at each session to 25.

**We can work with you now to develop your own dedicated Wellbeing Club.**

**Please get in touch  
[info@3Qhub.com](mailto:info@3Qhub.com)**

## Who can attend?

We welcome attendees from all areas of your business, as a diverse mix of attendees is beneficial. Whilst participation is encouraged we understand that some attendees may want to just come along to listen. Where the Wellbeing Club is being delivered virtually, we encourage everyone to put their videos on to help people feel connected.

## Is there further support available?

It is important to check in on the wellbeing of your team on a regular basis. Other than a Wellbeing Club, there are a number of other initiatives you can adopt to support your team members' mental and physical wellbeing. Please get in touch if you would like to discuss what further support can be provided.



**Standard**  
**£1,775 + VAT per session**

**my3Q member**  
**£1,575 + VAT per session**



## Get in touch

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