

The Life Adventure

A Case Study

We believe in putting your problems first and then crafting solutions that drive improved behaviour and deliver results.

Here's how we did it for **BEIS**.



“Considering the happiness and wellbeing of their people is the start to greater self-awareness in any organisation”

BEIS had several problems which were affecting the wellbeing of their staff. They knew exactly where these stemmed from*. These were making their staff stressed, unsettled and, at times, uncompassionate. We broke these problems down into the following areas to address...

(but if you don't, we have a wellbeing survey that will determine this for you)*



1. Resilience
2. Kindness
3. Positivity
4. Motivation



BEIS are, of course, a government department, so they need to be particularly careful and mindful about how and where they spend their money. The solutions had to be targeted, impactful, inspiring and attract as many people as possible as part of their Wellbeing at Work Week.



Budgets were limited and so 2 talks were cited as the best initial way forward. We suggested 2 bespoke narratives on...



Despite the solutions being limited to 1hr talks, our remit to ourselves was to make a real difference to the way people worked.



Talk 1: The Secrets of Resilience

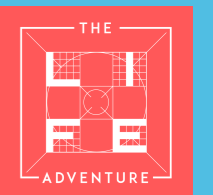
A refreshingly practical talk, leaving you with a clear understanding not only of the reasons why you get triggered, aggressive and exhausted when stressed, but of the concrete steps that you can build into your everyday life to remedy this. This talk is vital if you want to improve not just your performance at work, but the way you view life as a whole.

Talk 2: How to Motivate Yourself & Others

Motivation is the difference between waking up excited about the day ahead and dragging yourself out of bed with a heavy heart. It is the key to unleashing potential and realizing our greatest achievements. But according to recent studies, only 16% of people are actively engaged in their working lives. The vast majority are just turning up and coasting to pay the mortgage. Join us in an energising talk that will help you motivate yourself and the people around you.



We also suggested **filming** the talks so that the **whole business** could have access to them, not just those that were able to attend. We would host them on a **password-protected platform** which was made available to the entire company via a link on their intranet. The content would be licensed out and made available to all for 3 months.



Both talks attracted rooms packed full of curious, worn-down, people who loved the content and the **built in take-aways**. We strongly believe in longevity, not quick fixes and feel its important to provide everyone with **tips and tools** they can implement **immediately** and use **long term**.

The intranet videos of both sessions were so successful and so well viewed that **BEIS** extended their availability for a further 6 months so that their staff could continue referring to the content. The talks get mentioned “very positively, frequently”.



Participants who were in the talks, took their enthusiasm back to their managers. As a result, further bespoke sessions on **resilience** and **prioritising** have been delivered to specialist teams of scientists. From each talk has stemmed a myriad of learning around the organisation.



We've also hosted a new session and talk for BEIS's Physical Wellbeing Week. Still keeping in mind the no.1 requirement, which is to offer absolute value for money, whilst creating maximum exposure and effect.



“The excellent service and the quality of speakers from The Life Adventure was amazing. They quickly understood our brief and it could not have been realised in a better more enlightening way, and with great speed too. Their speaker’s messages were motivating, insightful and enjoyable and left staff feeling refreshed and equipped with new ways to approach work. The project left a tangible impact on wellbeing and resilience for a better way forward.” *BEIS Head of Wellbeing*





How can we help you inject
more wellbeing into your
organisation?

Please do get in touch to discuss.

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