

## Wellbeing and Resilience Coaching

Cost: from £500

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Andrew Lewin, a former IAPS Head, now works as a resilience and wellbeing coach, focusing on helping individuals, teams and organisations to achieve healthy high performance. Trained and accredited by the Wellbeing Project, Andrew is a WRAW Master Practitioner (Workplace Resilience and Wellbeing), and he uses a thoroughly researched assessment of the impact of resilience thoughts and actions on overall wellbeing as a basis for coaching sessions that are effective for both individuals and groups. Based on Five Pillars of Resilience (Energy, Future Focus, Inner Drive, Flexible Thinking and Strong Relationships), the package looks to embed positive habits that enhance performance and ensure a healthy life / work balance.

### Individual Wellbeing Package

£500

Designed to develop self-awareness and identify personal strategies to increase resilience and wellbeing.

This package includes:

1. Access link to complete a WRAW individual report
2. Initial coaching session to give feedback on completed report (90 minutes)
3. Three coaching sessions (usually monthly) (60 minutes each)

### Team Resilience and Wellbeing Package

£1200

For five individuals who work as a team: additional team members £120 each

Designed to gain insights into collective strengths, opportunities for development and strategies to optimise wellbeing and resilience in your team.

This package requires at least five members and includes:

1. Multiple access links to complete WRAW Snapshot reports
2. Initial individual coaching sessions to give feedback on completed reports (30 minutes per individual)
3. Coaching session on WRAW team report (120 minutes)
4. Five hours of additional coaching sessions (either individual or team)