



## Back to the Office - Team 'RE' Building

### From RED Wellbeing

#### Introduction

Well if you are anything like us here at RED Wellbeing, we are guessing that 2020 has probably not turned out like you thought it might!

With your 'teams' now spread far and wide, working from home, banned, discouraged or possibly even nervous to come into the office it is time to start thinking about how you can rebuild confidence and team interaction so as to get back to something nearer normal!

RED Wellbeing's online Wellbeing Profiler (WBP) has been busy throughout 2020 gathering data, provided by its users, your employees, and some very interesting results have come out of this.

#### What does the Data Show?

We have collated the data from 926 users of the RED Wellbeing WBP from 5 different companies with a wide user demographic. The table below shows the areas across which the WBP covers followed by the average scores pre/post 'Covid Lockdown' and then the % improvement.

Area assessed	Pre 0-5	Post 0-5	% Diff.
Tiredness	3.23	3.32	2.10%
Anxiety	3.75	3.81	1.06%
Anger	3.38	3.43	1.20%
Relaxed	3.69	3.71	-0.10%
Positive Attitude	3.98	3.98	-0.08%
Employee Engagement	3.74	3.76	0.44%
Mental Clarity & Decisiveness	3.85	3.84	-0.24%
Self-Management	3.82	3.75	-1.88%
Control	3.80	3.84	0.52%
Self Esteem	3.65	3.68	0.64%
Area assessed	Pre	Post	% Diff.
Lifestyle	3.42	3.49	2.54%
Lifestyle - Fruit/Vegetables	3.37	3.51	5.10%
Lifestyle - Eating	3.05	3.13	2.80%
Lifestyle - Hydration	3.18	3.28	3.68%
Lifestyle - Alcohol	3.94	3.84	-2.26%
Lifestyle - Smoking	4.68	4.77	2.58%
Lifestyle - Exercise	3.29	3.35	2.36%
Lifestyle - Balance	3.40	3.54	3.98%

Very interestingly 'Working from Home' seems to have been a huge success in terms of 'tiredness' and in every area of the 'Lifestyle' section with the exception of alcohol consumption!



### **And so, Where do we go from here?**

RED Wellbeing has provided Teambuilding, previously through its NFE Group companies, successfully for over 20 years and now it has joined together the expertise, the data and taking into account the current state of the 'business' world to create an innovative Team 'RE' Building event.

Delivered from the RED Training Centre at Donington Park, in a responsible and 'socially distanced' manner the 'event' is a full-day event that also provides sessions during the day that can be utilised for 'internally' delivered sessions.

### **Areas Covered**

**Health, Wellbeing & Resiliency** – The day will start with an interactive introduction to this wide subject and the areas that it covers. We will discover that how we 'feel' effects how we 'react' and also how our 'heart' physiologically does rule the 'brain.' Some simple strategies will be explored to allow us to take back control, reduce stress and improve our resilience.

**Working in a Team not on Teams!** – A series of practical activities will be 'set' during the day that explore teamwork, how and why it works, the importance of good communication and effective human interaction!

**Nutrition & Hydration** – This session obviously takes place just before lunch! It will explore the value of 'colour' and how this is reflected in a good diet; proper hydration and its effect on our ability to perform will also be discussed. Delegates will then be asked to 'select' their healthy lunch from the buffet!

**Managing Fatigue** – A session that gives delegates the facts around sleep, what we need to do and importantly not do, to sleep more effectively and consistently. We as a species are most tired between 2am and 4am and between 2pm and 4pm and so it makes perfect sense to run this session just after lunch when all sensible Mediterranean countries are having a Siesta!

### **Other Detail**

If not already using the RED Wellbeing Profiler (WBP) this will be included and sent to all delegates in advance of the day and continued post event. All refreshments, including a healthy and nutritious lunch is included in the day. During these 'social distancing' times a maximum of 20 delegates can be catered for in the RED Training Centre where all COVID secure measures have been taken. The day plan can also include internal sessions for attending Company use.

### **Costs**

The cost to provide this innovative Team 'RE' Building event as described above is just £195 per head based on a minimum of 8 participants (max 20 pax).