



WELLBEING TRAINING AND SUPPORT

For high pressured organisations that are ready to think differently.
Organisations who understand that: Wellbeing isn't just an HR problem

I specialise in high-pressure sectors like construction and care services, helping teams and leaders build resilience, psychological safety, and effective communication under demanding conditions.

- Strengthen your existing wellbeing strategy,
- Support a team experiencing pressure,
- Develop more emotionally intelligent leadership
- Create a culture where people can genuinely talk about what's happening,

BUILD SOMETHING AROUND WHAT YOUR ORGANISATION ACTUALLY NEEDS.

No one-size-fits-all package.
No jargon.
No judgement.

Just proactive practical, human work that creates space for people to understand themselves, understand others and make different choices.

SG MORE THAN A TICK BOX



GROUP TRAINING

Science of being human - understanding how we work. Our nervous system and our mind works to keep us safe - stress isn't what's happening but how we feel about what's happening.



INDIVIDUAL MENTORING

We all have our personal life edit! This is a confidential chat where you can learn to understand your individual responses so you can thrive at work and home.



HELPING ORGANISATIONS PUT THE HUMAN BACK INTO WORK

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