# LEARN TO GROW

*Our Monthly Newsletter*



## TIME TO BE HAPPIER

*by Pauline Weddell*

.Scientists have thought for years that happiness may have a real effect on physical health, but a recent comprehensive new review makes the case stronger than ever.

These studies have confirmed, with “almost no doubt,” that happiness really can influence health, says lead author Edward Diener, professor of social psychology at the University of Utah.

There’s also evidence that happiness can have beneficial effects on the cardiovascular and immune systems, influence hormones and inflammation levels and speed wound healing.

The review does point out that in many of these studies, it’s possible that better health could lead to improved emotional states, rather than the other way around.

Our Magic of Happiness program helps us all to build a happier and more caring society.

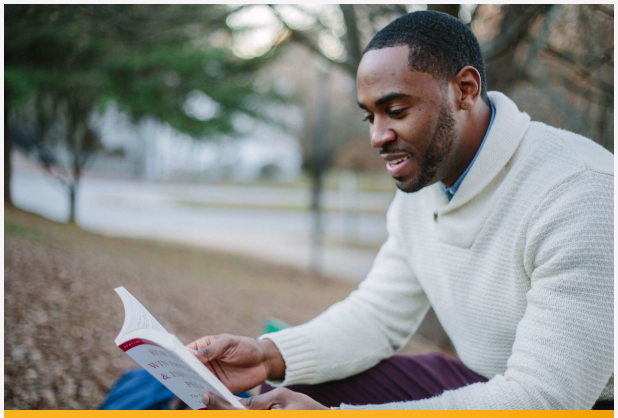
**TIME TO BE HAPPIER**

**TRAINING EVENTS 2021**



# Training Events 2021

Here at Learn to Grow we have produced a calendar of training events for 2021 that we feel will add real value to individuals and organisations.



Our GROW (Get Ready for Opportunities at Work) program is a fantastic series of online workshops that are equally suitable to newly appointed leaders or for those leaders seeking to refresh their skills. The program consists of twelve modules spread over a 6-month period covering a range of relevant topics such as;

- Wellbeing
- Leading with Emotional Intelligence
- Coaching for Managers
- Influencing and Persuasion
- Mindfulness
- Leading Through Change
- Critical Thinking
- Creative Problem Solving
- Diversity and Inclusion
- Leading Through Uncertainty
- Creative Thinking
- Mastering Motivation



You can attend all 12 modules at a cost of only **£1100** or you can pay as you go for **£99** per module. Each module is accompanied by a delegate workbook full of activities and further resources.

We are also delighted to be offering our Wellness Bundles.

**Employee Engagement Booster**. This is a package that focuses on increasing employee engagement. This program focuses on individual coaching as well as online workshops.

**Mindful Managers**. This program targets line managers and educates them on how to create team environments that foster wellness. This program consists of online workshop, group coaching and individual coaching.

**Stress Less Program**. This program is for employers who know that stress is a major issue in their workplace, this package offers a solution. The program includes online workshops on stress management and mindfulness sessions.



We have our Magic of Happiness program which is 2-hour workshops over an eight week period covering all areas of happiness. The eight week progam costs just £300 per person.

Here at Learn to Grow we have a team of highly experienced coaches & facilitators who are passionate about helping employers promote the wellness of their employees.

To find out more about all our programmes then contact us on **07976 028132** or at **info@learntogrow.me**