



### **Customer Testimonial**

**The Client:** Avantia

#### **The Background:**

Avantia is a virtual insurer at the forefront of their industry and with a focus on employee wellbeing; recognised as an “Excellence in Wellbeing Centre” by “Great Place to Work” in 2019. These challenging times have reinforced Avantia’s belief in the importance of supporting employees’ mental, as well as their physical health. And so these two sessions were designed to provide relevant, timely and effective support.

#### **What we did:**

5 x 45-minute virtual workshops on “Speaking Up” to encourage all employees to feel confident and comfortable checking in with their own and their colleagues’ wellbeing.

These were followed by 5 x 45-minute virtual workshops on “Coping Strategies” for managing stress with a slight focus on navigating 2020’s unique challenges.

With these short, focused virtual sessions for all levels of employees it was vital that we kept them engaging. We kept the numbers low to maximise interactivity and drew on a variety of activities such as small group exercises in break out rooms, whole group discussions and utilising the chat and whiteboard functions. We used Zoom to allow for ease of access, video sharing and interactive capability.

#### **The outcome and Feedback:**

The sessions were extremely well received, and participants left with increased awareness, enhanced knowledge and practical tips to apply back in the workplace.

“Fiona delivered two engaging and interactive sessions on ‘Speaking Out’ and ‘Coping Strategies’. We have received excellent feedback from employees. I highly recommend Fiona and we are looking forward to working with her in the future” Lindsey McArthur HR Advisor.

“A brilliant session, thank you Fiona. I thought it was the perfect balance of breadth and depth in the time we had.” David Joyson, Head of Marketing.