

Sanctus Connect + Reflect Group Workshops



What are Sanctus Connect + Reflect Group Workshops?

Interactive Workshops, facilitated by a Sanctus Coach, for your teams and employees. The workshops are designed to give employees the dedicated space they need to connect and reflect together on a regular basis (or in response to key events).

Through specific prompts and expert guidance, employees are empowered to share their individual thoughts and experiences anonymously and in real-time which:

- **Fosters a sense of deep connection and empathy in a hybrid working world.**
- **Provides an authentic, unfiltered (yet anonymous) view of how your employees are really feeling, in real-time.**



Benefits

Why Group Reflect + Connect Workshops?

Build Connection & Empathy:

Improves Employee Connection:

By participating in a shared group activity and experience the workshops help build shared connection and empathy amongst participants. Useful for all teams, and particularly powerful for remote or dispersed teams.

Move forward together:

Gives your employees the tools and space to reflect on their own emotions and feelings. Helps to release feelings of resistance, tension or stress caused. Through reflection and expression, participants are supported to process, let go and move forward together.

Boost Employee Wellbeing:

Group connection & reflection is scientifically proven to improve employee wellbeing, and has been shown to reduce symptoms of low mood, depression and anxiety. It's also been found to boost mood and as a result has a positive impact on engagement and productivity at work.

Better Understand your employees:

Get a unique 'LIVE' view of how your employees are really feeling - spot themes through shared experiences and identify areas for further focus. The workshops are a safe, non-judgemental, supportive space where employees can anonymously and authentically express themselves.

Cultivate Self-Awareness:

We all have triggers, blindspots and areas of our lives we need to work on or work through. The workshops provide an opportunity for self-reflection, enhancing participants' level of self-awareness and allowing them to learn more about themselves (and each other) in the process.



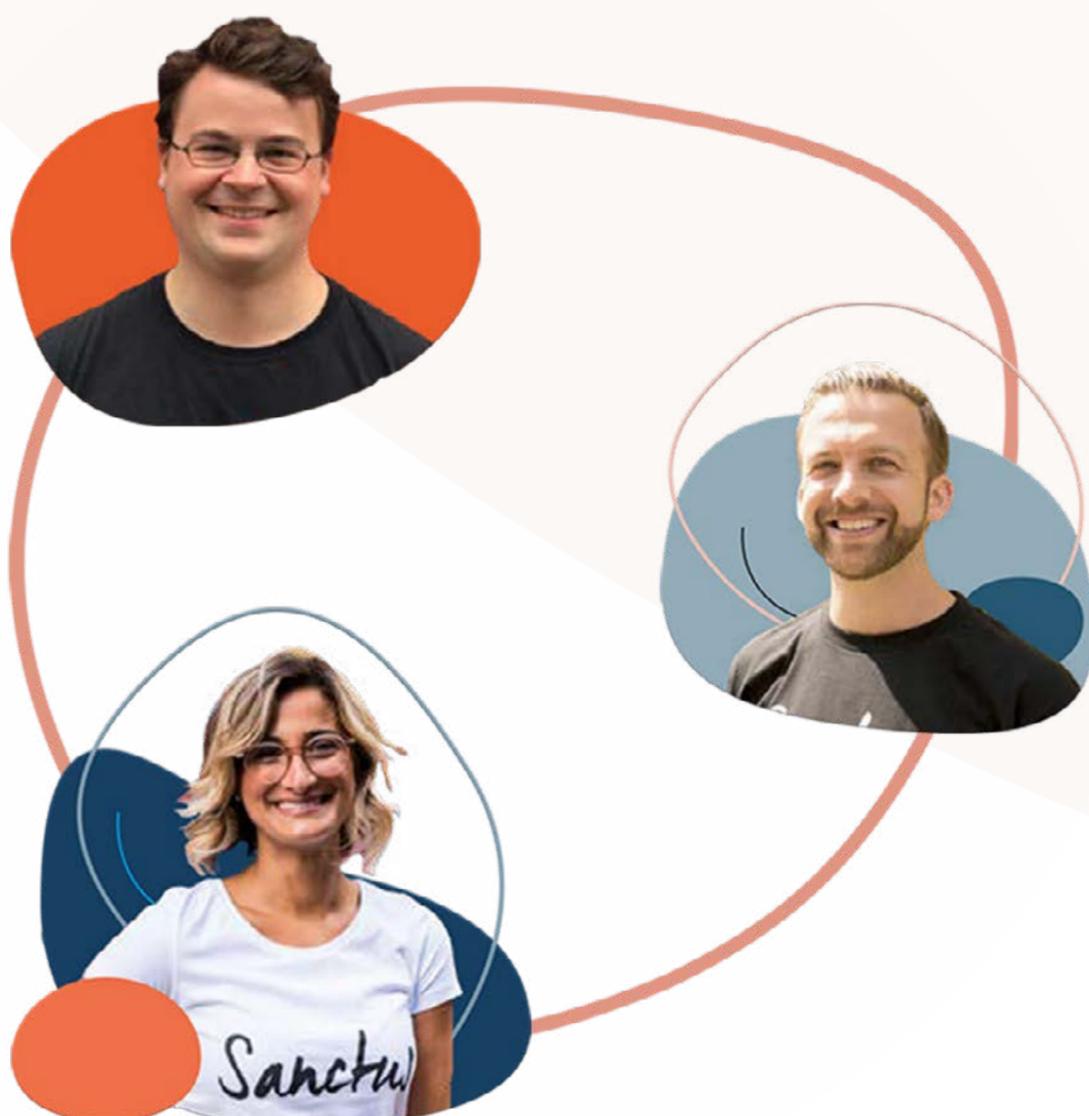
Who delivers the Workshops?

All Sanctus Group Workshops are facilitated by a Sanctus Coach. All of our coaches are fully qualified, accredited & professional coaches (ICF, AC, EMCC, or BACP registered). All employees participate anonymously, allowing them to feel safe and to share honestly.

Who are the Workshops for?

This Workshop is for everyone and open to all employees - this can be as a larger group or smaller team. Each workshop is designed for up to 60 employees. We recommend running Group Connect + Reflect Workshops on a regular basis, either quarterly or monthly.

Accreditations:



Sanctus Connect + Reflect Group Workshops

Your options:

1. **Connect + Reflect Workshops**

Recommended on a quarterly or monthly basis, employees are guided through a series of prompts to support them to check-in with themselves and share how they're feeling (anonymously), whilst reflecting and connecting through this shared experience as a group.

2. **Themed Connect + Reflect Workshop**

This is agreed with you and based around a Key Event or Experience within your business that employees have experienced together, which you feel would be useful to explore together as a group.

Sixty for 60

Sixty-minute
workshops
for up to
60 employees.

**£5,800 for a pack of 4x 60-min Workshops
(£1,450 per workshop)**

8-60 employees per Workshop. Hosted on zoom, with employees participating together anonymously via an interactive Google document. We recommend running a workshop every month, or quarter, as a regular space for connection and reflection for employees - the timing and frequency is up to you!

Sanctus Group Workshops trusted by:



9.6

average rating from
Workshop participants

100%

would attend a Sanctus
Group Workshop again

97%

of employees would
recommend the Workshop
to a friend or colleague

What they say:



Fantastic. Such a powerful session that I loved being involved in

ASOS EMPLOYEE

Incredible! I didn't know what to 100% expect but I feel so much better from not only being able to share my feelings (which I wouldn't have been able to do previously) but also seeing others in the same boat as me. I think the anonymity helped as you knew it would be a judgement free zone from the get go

ASOS EMPLOYEE

It was a great experience - to stop and reflect, feel calm and hear how others are feeling and know you're not alone. The facilitator did a great job, loved the pace and I want to retain this calm feeling

ASOS EMPLOYEE

It was calming, gave me some space to refocus myself

REWARD GATEWAY EMPLOYEE

Ready to explore how our Connect + Reflect Workshops can help boost your team's sense of connection & wellbeing?

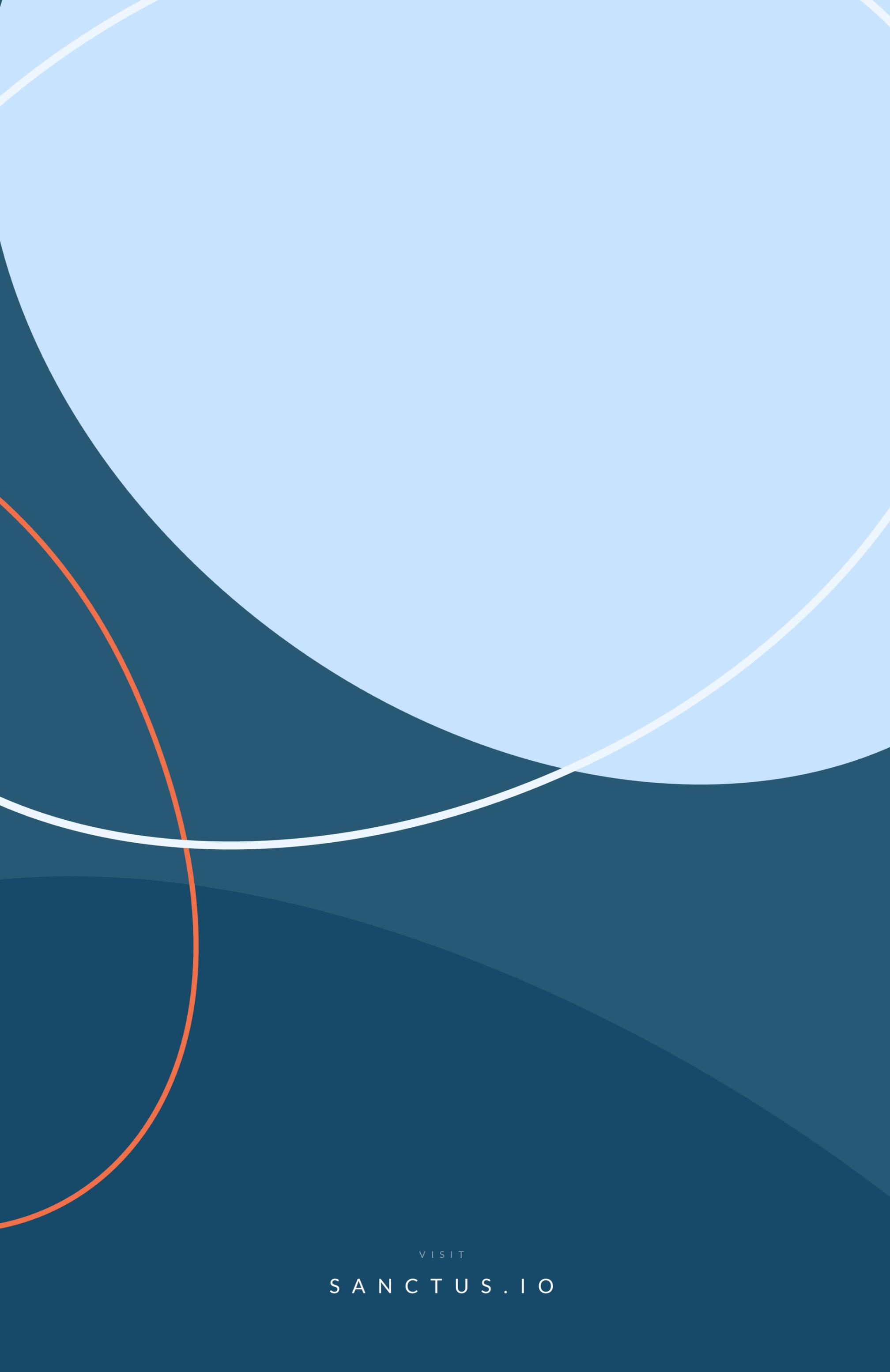
Get in touch with George Bettany:
george@sanctus.io



GEORGE
BETTANY
CO-FOUNDER

Finer Details

We have a 1-Week notice period. Once a workshop is booked in, if you cancel with less than 5 working days notice we'd still charge for the workshop. If you'd like to rearrange with less than 5 working days notice, we ask to rearrange the workshop within 30 days - otherwise we'd class this as a cancellation. Other than that we're very flexible with dates and times, we know that at times things come up and a workshop may have to be rescheduled and we'll always do our best to find dates that work best for you and the team! We invoice when the first workshop is booked in, and we have 30-day payment terms.



VISIT

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