

When organisations make first contact, Motus work with them to assess current wellbeing policies and staff wellbeing. This pinpoints areas to target, providing a unique workshop tailored to the company's staff. It can be offered in person or online, as a lunch and learn or an evening seminar.

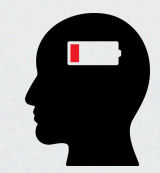


Preventing problems, promoting potential

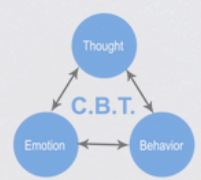
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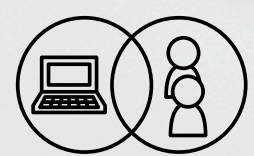
Stress Management



Absenteeism & Burnout



Cognitive Behavioural Therapy



Managing Hybrid Workplaces



Graduate Transition



Working Parents



Motivation



The NewU App

MOTIVATION



Available in person or via webinar

STAFF WELLBEING

Taking care of one's mental health doesn't only benefit well-being but also performance. Motus provide organisation-tailored workshops and access to the NewU app to increase and track staff wellbeing and performance.

MOTUS LEARNING

WWW.MOTUSLEARNING.COM

THE FACILITATOR

Dr Christopher Shum has a wealth of experience in clinical, educational, and organisational settings. With a psychology degree, a neuropsychology masters degree and PhD in emotional intelligence, Dr. Shum specialises in breaking down complicated psychological theory into easy-to-understand language



WORK-LIFE BALANCE

TESTIMONIALS

"The program contains facets that are applied to adults in clinical settings and this is information that is beneficial to everyone."

Dr. Jane Basher,
Clinical Psychologist

"An incredibly engaging seminar with helpful tools and strategies that can be used in everyday life to relieve stress and improve well-being."

Ian Flynn,
Dassault Systems, Cork

"We had the pleasure of Motus giving a well-being talk that focused on the three key areas of cognitive behavioural therapy, responsible decision-making explained through neuroscience, and the links between mindfulness and anxiety. It was one of our most visited sessions on our Mental Health week. There were lots of questions from the audience and the feedback was very positive. I would definitely recommend working with Motus. It was a real pleasure."

Stefanie Furum,
Microsoft Netherlands



OUR MISSION



To improve the standard of mental health education.



To improve employee well-being.



To maximise the work life balance of your staff.

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