



Choices Training and Development  
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Transforming Mindsets: Making change work for you  
In our changing times we help you to:  
Reduce management and employee stress  
Increase productivity and profitability.  
Enhance your Corporate Social Responsibility through Cognitive Behavioural Wellbeing training programmes, supporting the Safe New Futures Charity.  
We provide effective solutions to:  
Comfort zone removal with Covid recovery change and new ways of working. Employer mental health duty of care  
Lowered productivity due to absenteeism or presenteeism.  
Enabling a healthy, productive and resilient workforce:  
Providing timely wellbeing interventions to prevent more serious occupational health issues and supporting pandemic recovery change management strategies.  
Module 1 Empowering Change - enables people to move outside of their personal comfort zone, identify barriers to moving forwards and positively embrace

and take personal control of change. Module 2 - The power of our thoughts enables people to overcome stress, anxiety and burnout, improve their own mental health and wellbeing and develop healthy belief patterns thereby helping to reduce staff sickness and turnover. Module 3 - Reach your goals gives people the tools to integrate whole life management strategies and meet their workplace goals within the context of their long-term needs. We also provide bespoke programmes for management and can also customise the staff programmes to suit individual needs.

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