



The
sweet
potato
consultancy

**Discover the difference a
Wellbeing in the Workplace
programme can make to
your organisation...**



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The
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**creating
great
workplaces
where
people
thrive...**



stop the wastage...



The No 1 reason people leave their jobs is their manager

Only 24% of managers have received training on workplace mental health

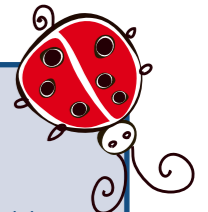
Broken minds, broken bodies and broken organisations! People with amazing skills and experience, who once had great passion and motivation. Who either walk away in order to survive or stay but mentally retire in post.

I founded The Sweet Potato Consultancy to bridge the gap between wellbeing and the workplace. To show leaders that there is another way. That by understanding people, their minds, bodies and behaviours you can create great workplaces where people thrive.

Within The Sweet Potato Consultancy we bring together a team who have spent decades eating, sleeping and breathing mental health and wellbeing as senior health professionals, lecturers and researchers.

"Adelle gave us a great deal of food for thought with our first ever stress awareness training. The training made a demonstrable difference to the way that staff consider well-being issues at work and the actions they will take in future. Adelle's approach is both caring and clear and is based on a sound business case for supporting well-being in the workplace."

Chief Executive

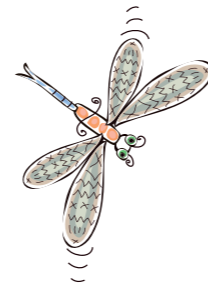


We bring out the best in every single member of your organisation from the most senior to the most junior.

Our teams are qualified health professionals. We have worked at a senior level and bring vast clinical experience to inform you and your organisation. We understand people, their minds, bodies and behaviours. Our work is underpinned by science and the latest research in wellbeing and mental health.

We are able to provide consultancy on the best approach to create wellbeing across the entire organisation.

We work to create cultural changes in wellbeing and motivation. Our aim is to create changes that will be ongoing and sustainable.



what we do...

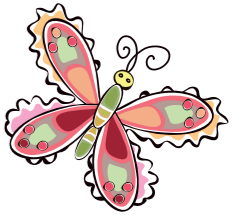


We aim to stop the people wastage found in many workplaces. To create senior leaders who understand how to model and manage the wellbeing of themselves and their staff.

Some examples of the types of issues we work to address:

- High attrition, sickness and presenteeism; low engagement, motivation and performance
- Creating and implementing a Wellbeing Strategy
- Giving leaders and managers the tools and confidence to manage wellbeing and mental health issues within teams, and understand the impact of their actions on employee wellbeing and performance
- Building resilience
- Cultural change

Happy employees are at least 12% more productive



"I now realise that I always tell my staff to look after their wellbeing but neglect mine, not realising that as a manager what I do has a massive impact on them. So, from now on I will now be making sure that I prioritise my own wellbeing first more. I will start with coming away from my desk and taking a lunch break and leaving work on time twice a week." Manager

60% of employees have experienced a mental health issue due to work



We design services in response to need. These are some of the services we provide:

- a. **Wellbeing Consultancy to leaders** – organisational overview of the wellbeing and engagement issues and the best way forward.
- b. **Leadership programmes** – leaders have the greatest impact on employee wellbeing, mental health and stress. We give leaders the skills to understand and identify issues that relate to employee wellbeing. Role modelling is central to leadership. Therefore, all our programmes ensure that leaders learn how to look after their own wellbeing and that of their teams.
- c. **Wellbeing Supervision for leaders** – supervision provides leaders with ongoing practical solutions to real wellbeing and mental health workplace issues. It also ensures leaders look after their own wellbeing too. Finally, cultural impact is created as wellbeing is embedded into the organisation.

- d. **Employee programmes** – our programmes meet a variety of needs in relation to wellbeing, stress, mental health, motivation and engagement.

We work with companies that are forward thinking, that are people and wellbeing focused, whose stories and values align with that of The Sweet Potato Consultancy.

**There is a
10:1
return on
investment
for mental health
training**

forward thinking companies..



Only 1 in 5 managers receive any support whilst dealing with an employee's mental health issue