

WELLBEING AND MENTAL HEALTH IN THE WORKPLACE

Learning from Horses



How CEGR Can help

The Centre for Emotional Growth and Resilience (CEGR) is a Community Interest Company (CIC), i.e., a not-for-profit organisation, offering equine assisted business programs for employees and leaders. We also provide equine therapy for children, young people, and adults.

Supporting wellbeing at work can help employers to:

- retain employees, reducing recruitment and training costs,
- reduce absence and associated costs,
- make sure that people at work are well, safe and productive,
- create a healthy work culture.

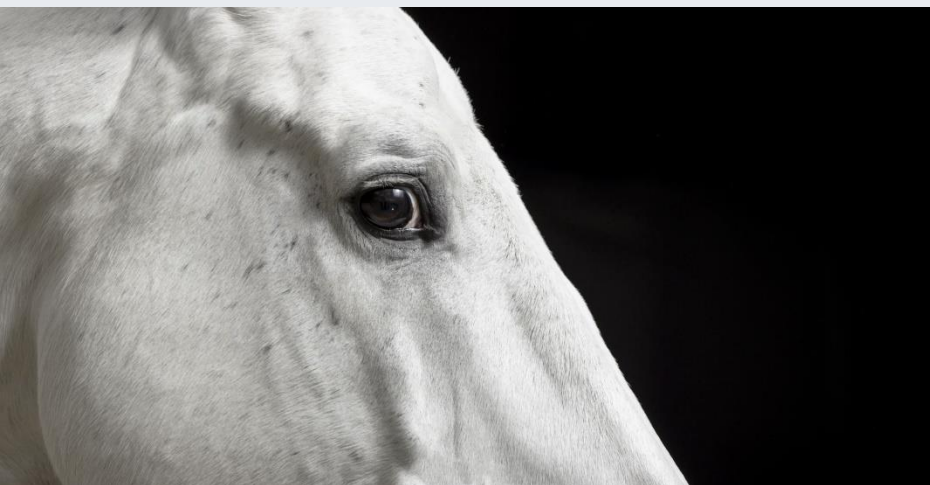
Horses help us see ourselves, our feelings, thoughts and behaviours, more clearly and thereby create opportunity for invaluable insight and learning.

Wellbeing is about how we think, feel and behave. Our wellbeing program offers participants an opportunity to:

- develop self-awareness,
- practice mindfulness techniques,
- de-stress and relax,
- develop insights into barriers to wellbeing,
- acquire tools and wellbeing promoting behaviours,
- grow as individuals,
- connect with self and/or colleagues in a relaxed, outdoor environment,
- enhance employee wellbeing.

The wellbeing program ranges from one hour, one off individual sessions, to full day, group sessions. Needs vary dramatically between organisations, and we are keen to respond to bespoke requirements.

Activities are designed to promote self-awareness and personal development as a foundation for greater resilience.



Key Benefits



We believe that self-awareness is the foundation for positive change. Our programs support the development of greater self-awareness. This creates a strong base upon which to build essential qualities for wellbeing and resilience such as:

- confidence
- relating to others
- boundaries and self-care
- clarity
- creative problem solving

Participant organisations can subscribe to group or individual sessions for employees.

Why Horses?

Horses allow us to change our perspectives and understand our behaviour in greater depth. They provide powerful opportunities for us to develop insight about ourselves, the obstacles we need to overcome and how we relate to others. The challenges that we encounter in achieving our aspirations are rooted in our emotional experiences. As herd animals, horses are ideally placed to help us reflect on our own relationship styles and shed light onto how we can become better colleagues and partners, as well as to become more at ease in the present moment.

No previous experience of horses is required and all interactions with the horses are based on groundwork.

Programme Leaders

Dr Jenny Uppal is CEO of CEGR and is a fully qualified and chartered Educational Psychologist and registered Equine Facilitated Psychotherapist. She has over 20 years of experience promoting learning, personal development and change at individual, group and organisational levels. She understands implicitly the central role that emotional intelligence and resilience play in this process. She has been able to combine this expertise with her knowledge of horses, which she has acquired over her lifetime. The outcome is a powerful and unique skill set with which to effectively facilitate our wellbeing program.

Julie Gilbert-Binns is a qualified Counsellor and Equine Facilitated Learning Practitioner, working with young people and adults through her private practice, Therapy with Horses. She holds a Master's degree in Communication and has accumulated over 20 years of experience running her own marketing agency, which specialised in the ICT industry. During this period, Julie worked with multinational organisations across the EMEA region, interacting with individuals at grassroots level as well as government and senior management. Her varied skill set supports a creative and flexible approach to personal development, problem-solving and interpersonal relationships.

Contact

jenny.uppal@cegr.co.uk

www.cegr.co.uk

Why CEGR

- Our facilitators have a unique skill set, combining experience from both the corporate and therapeutic worlds.
- Our facilities in the Clent Hills provide space away from the office to connect with the self or with colleagues in a beautiful, relaxed environment.
- Our distinctive program provides an opportunity for fun, concrete learning whilst also recognising the importance of the softer, emotional experience in realising goals.
- Our program aims to support employees to increase their effectiveness and improve resilience through personal insight and development.
- As a CIC profits from our business programs are reinvested in running programmes to support individuals who are at risk of developing mental health problems. So, your investment in your employees also carries a Social Return on Investment (SRI)