

Sanctus
AT WORK.



**“SANCTUS HAS HAD A
HUGE IMPACT ON US.**

**WE HAVE HEARD
MANY TOUCHING
STORIES ABOUT THE
MASSIVELY POSITIVE
AND TRANSFORMATIVE
EFFECTS MENTAL
HEALTH COACHING
HAS HAD ON
PEOPLE’S LIVES.”**

HARRY ~ HR LEAD ONFIDO



FOR EMPLOYERS WHO PUT THEIR PEOPLE FIRST, WE ARE...

Changing the perception of mental health at work.

Inspiring people to work on their mental health like we do our physical health.

Reminding people we all have mental health, it's a spectrum; from mental illness, to mental health issues, to mental fitness and mental strength.

Putting Sanctus in the workplace; To prevent people suffering in silence from stress, anxiety, depression or burnout.

Helping people become their full selves.



WHAT DO WE OFFER?

Intro To Mental Health Workshop

£900

A short intro from a leader in the business as to why we're here. An introduction to Sanctus, our story and why we do what we do. An introduction to Sanctus coaching from your Sanctus Coach. Q+A with Sanctus team & coach.

Sanctus Coaching

£900 a month

The Sanctus coach spends a full day (up to 8 sessions per day) every month in the office, or online, and is available for everyone to book in time for a 45 minute, 1-1 session.

The coach is there for whatever people want to discuss. It might be a challenge, it might be something they want to get better at. What's important is that going to see the coach is always seen positively - it's something people are proud to be doing.

Anything can be brought to the space - it's not always the place to work on it, but it's a great first port of call to explore it.

Booking System & Online Resource

We'll create a bespoke booking system for you, and will handle all bookings. This will also keep employee names confidential. Alongside this, a unique online resource will be provided for all employees, containing tips, tricks and guides.

WHAT ARE PARTNERS SAYING ABOUT US?

Emma Smith, RedBull

How has Sanctus fit in with your overall wellbeing strategy?

“As one of our RBUK Company Values is about being yourself, supporting mental fitness is a big part of this. It’s also important that we are open and honest about mental fitness at work and that our people are open and honest with us about any support they may need. Sanctus provides this forum where people can support their mental fitness and be honest about how they feel.”

Hannah Keal, Goodlord

What impact has Sanctus had at Goodlord?

“The impact has been amazing - both for individuals and collectively. People come away from Sanctus sessions floating on air and desperate to share the tangible tools they’ve learnt and the actions they’ve committed to and feeling positive and in control. The style of coaching is something I think has a big impact on that - you’re challenged and you find that the answers you need are really already with you, and so you feel confident making positive adjustments. It just gives you a different perspective.”

Harry Richardson, Onfido

What impact has Sanctus had at Onfido?

“At a high level, as we’ve scaled our team to 3x what it was when I joined in December 2015 we probably have the same, or even less, incidents of bad mental health which result in an individual needing special support or time out throughout the course of a year - partnering with Sanctus is no coincidence here.”

WHAT ARE PEOPLE SAYING ABOUT US?

"A powerful conversation that helped me to understand what I was looking for a little better"

"I've never really spoken to anyone professionally about my mental health and the factors I consider to be detrimental. I exited the session yesterday and felt an enormous weight had been lifted"

"Excellent. Supportive and helpful, a useful workplace tool"

"Engaging and eye-opening"

"Incredible space to explore things you wouldn't have normally"

"Every time I leave a Sanctus session I feel empowered to tackle any mental health struggles head on"

"Calming and helpful - a bit of an oasis in a busy day"

"It's incredible how easily you can grow through those sessions"

"I always walk into each session feeling nervous but walk out feeling lighter, clear headed and more positive"

"The best investment I've ever made for myself"

****Feedback taken from individuals who have used Sanctus***

WHO USES US?



**THANK
YOU**

