

Equip your team to thrive in 2026

Workshops that strengthen resilience and help your people perform at their best.

The challenge

Across every sector, from business to healthcare, leaders are facing record stress and change fatigue.

Sickness absence linked to stress and burnout is rising sharply, and many teams are running on empty. Investing in your people's resilience protects performance, retention and long-term stability.

The approach

Hazel Anderson-Turner, Business Psychologist and Coach, designs bespoke workshops that help teams find clarity, confidence and calm under pressure.

Her sessions combine conversation, reflection and creative activity — not endless slides. They bring lightness to heavy topics and open up space for teams to reconnect, rebuild trust and reset their energy.

What we explore

Each workshop is tailored to your business and team's needs. Recent sessions have focused on:

- ✓ Preventing burnout in yourself and others
- ✓ Navigating change and uncertainty
- ✓ Values-based leadership
- ✓ Staying resilient in challenging times
- ✓ How to coach yourself



HAZEL BRINGS LIGHTNESS TO HEAVY TOPICS. TEAMS LEAVE WITH CLARITY, TRUST AND ACTIONS THAT MAKE A REAL DIFFERENCE.



What to expect

Every session is interactive and grounded in psychological insight. Participants leave with practical, actionable commitments they can apply immediately, helping turn reflection into sustained behavioural change.

What's included

- ✓ Pre-session call to tailor the workshop to your goals
- ✓ Half-day or full-day in-person session
- ✓ Participant slides and relevant e-resources
- ✓ 3- and 6-month virtual check-ins to maintain momentum



PARTICIPANTS LEAVE WITH PRACTICAL, ACTIONABLE COMMITMENTS THEY CAN APPLY IMMEDIATELY.

Benefits for your organisation and team

- ✓ Reduce stress-related absence and turnover
- ✓ Build leadership capability around wellbeing and resilience
- ✓ Strengthen team trust and communication
- ✓ Boost engagement and psychological safety
- ✓ Support your people strategy with measurable, lasting impact

Investment

Duration	Price	Format
Half-day	£1,250	In-person
Full day	£1,750	In-person

All materials and UK travel included.

Plan ahead for your 2026 team development.

Let's design a session that fits your people and your priorities.

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COACHING, LEADERSHIP AND BURNOUT PREVENTION

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