

WRITE TO THRIVE™

Writing for wellbeing in the workplace



OVERVIEW

Writing for well-being is a scalable, cost-effective method which can have a huge impact on several facets of mental health.

When used effectively it is proven* to:

- Reduce stress-related visits to the doctor
- Reduce absenteeism from work
- Improve focus and mood
- Reduce anxiety
- Improve physical health
- Improve working memory
- Increase resilience

Stress, depression or anxiety and musculoskeletal disorders accounted for the majority of days lost due to work-related ill health in 2021/22. On average, each person suffering took around 16.5 days off work.

<https://www.hse.gov.uk/statistics>

*'Emotional and physical health benefits of expressive writing', University of Cambridge Press 2018

OVERVIEW

As well as having specific health benefits it can:

- Enhance self-reflection
- Increase motivation and enthusiasm
- Bring challenges to the surface to be processed quickly and efficiently
- Improve goal setting
- Improve self-confidence
- Enhance creative thinking

*(Journaling) can lead to
better sleep,
a stronger immune
system and more self-
confidence*

- New York Times

HOW IT WORKS

I offer bespoke services tailored to the needs of your organisation. These might be delivered online or in person.

Examples include:

- A talk during a wellbeing festival or event
- A sequence of live-taught writing classes for employees
- Immersive days to boost confidence, self-belief or imaginative skills
- A themed course: e.g. Mindful Writing
- Journaling workbooks: standalone or add-ons
- Guided audio recordings

THIS MIGHT LOOK LIKE...

A course in Writing for Self-Care running over eight weeks and equip employees with tools to manage their emotions, gain clarity, reduce anxiety and move forward with purpose.

A talk outlining the emotional and physical benefits of expressive writing, inspiration and practical tips.

A one-off creative writing session could focus on sensory description to describe place, enhancing imaginative skills.

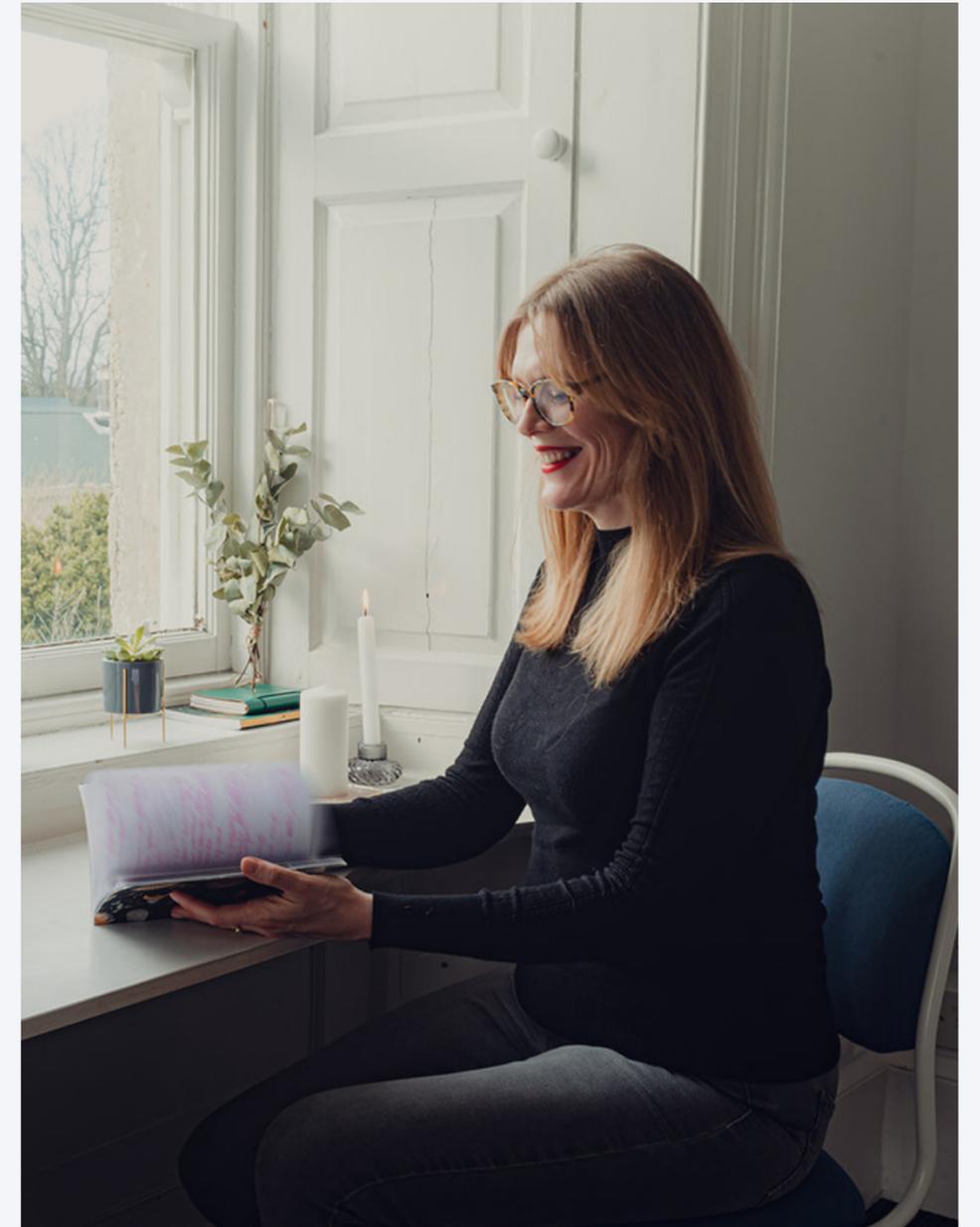
GENERAL SERVICES

Inspiring talks

Recorded content for LMS systems

Sessions or Courses in:

- Writing for self-care
- Mindful writing
- Writing for self-compassion
- Writing for self-confidence
- Creative writing
- Nature writing



WHY MY METHOD

It's not just about putting pen to paper: to write participants need to feel safe, supported and encouraged to express themselves.

Write to Thrive[™] is my signature system which enables just that.

I combine my unique experience as a former teacher, transformational coach and qualified writing for well-being facilitator to provide a service which really works.

It's scalable, lower cost than one-to-one support and equips participants with lifelong skills.

"It is critical that employers... embed preventative measures that will help identify and address mental health problems before they arise."

Forbes



For every £1 spent on preventative measures it's estimated that £5 is saved.

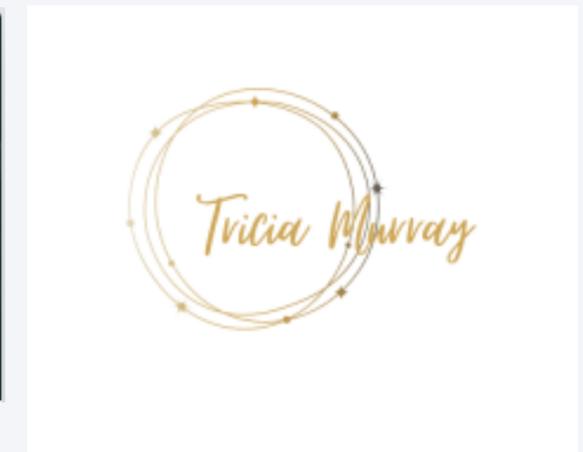
Deloitte x Mind

CLIENTS

A huge thank you for Monday's session. It was fantastic and my colleagues joined enjoyed it too.

Thanks so much Jo. What a lovely lovely hour.

◆ EDINBURGH ◆
THE CITY OF EDINBURGH COUNCIL



I have invited Jo multiple times into various groups I've run to facilitate journaling sessions for overwhelmed mums.

Jo has such a nurturing yet steady presence in holding space. The feedback I received each month was so positive.

PARTICIPANT FEEDBACK

I absolutely loved this talk by Jo. A great safe space to discuss the process of journaling for wellbeing. I loved the subject as well as the way it was delivered. Thank you - more of this please!

You taught me how to journal so powerfully for myself. That's priceless.

The sessions are hugely therapeutic & thought-provoking

Jo's course came at the right time for me. The structure of going from surviving to thriving really suited me and helped me to process my issues. The change in my mindset and how I approached life was clearly visible.

Really loved yesterday's talk. I've been trying to journal but didn't get what I wanted. Jo inspired me to continue, but in a different way.

Your sessions really have such an impact. They give me space to write and think things through and give myself some much needed kindness. And I'm actually taking action and doing things differently!

ABOUT ME

I am a qualified and insured writing for well-being facilitator (Lapidus International), former English teacher (PgDE Secondary Education) certified transformational coach and published author.

I founded Write to Thrive™ after expressive writing helped me recover from severe depression and anxiety and have helped hundreds of people all over the world.

I currently live in the Scottish Highlands with my dog Hope.



GET IN TOUCH



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