



REGIMENTAL SERGEANT MAJOR
GERYN JONES
DELIVERS A NON 4 WALLS
APPROACH TO WELLBEING

IMPROVING MENTAL HEALTH & WELLBEING

MANAGING STRESS, PRESURES OF PERFORMANCE, TRANSFORMATION & CHANGE

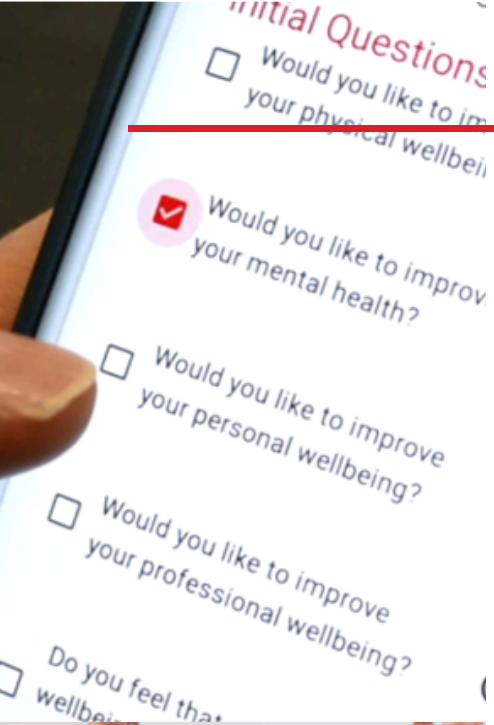
Discover a different way in managing stress, change and transformation. Maximising your strengths, developing your confidence, and improving performance. Using insights on your peoples perceived wellbeing to tailor and measure bespoke mental health and wellbeing solutions from a tested and experienced leader.

07813 893 522

Free Demonstration

G.JONES@REDDOT365.CO.UK

No Obligation



OUR SCOPE OF WORK

"Geryn's approach using the FINU platform is to understand your business, the challenges and issues you are facing at an individual & organisation level through our digital platform Insights to understand your peoples perceived wellbeing.

Quite simply, if we know what the issues are, we are far better placed to implement interventions that address existing problems to prevent those problems manifesting.

We aim to uncover the factors that contribute to low engagement, presenteeism, absenteeism, and workplace stress. From there, our bespoke interventions will be targeted to address the underlying cause."

GERYN JONES

Powered by FINU

Geryn often works with people who present with both personal and professional concerns around trauma, PTSD, stress, anxiety, depression, anger and emotional difficulties.

Offering both online and in person interventions, Geryn uses a popular outdoor approach to walking/talking therapies. Sharing life experiences with a humoured approach.

Geryn works in collaboration with the client to identify achievable goals and works in a solution focused way to support them in achieving their goals. Using both a direct and sensitive approach to achieve results, depending on the presented issues.

With over 25 years decorated service in operational locations including Northern Ireland, Kosovo, Bosnia, Cyprus and Afghanistan. Geryn has vast and varied experiences of high tempo and very often critical decision making in operational, educational and corporate environments.



IMPROVING MENTAL HEALTH & WELLBEING

COACHING WITHIN YOUR ORGANISATIONS FRAMEWORK

PERFORMANCE UNITS: ORGANISATION FRAMEWORK



SENIOR MANAGEMENT



MIDDLE MANAGEMENT



STAFF

- Setting your winning strategy
- Profiling your people
- Recruiting / changing coachable individuals
- Aligning values and behaviours
- Identifying your leadership team
- Agreeing communication and outcomes with the leadership team
- Logistics and management of support functions
- Macro and Micro planning
- Goals, measurements and review
- Weekly tactics
- Daily planning and review

- Self-awareness, baseline, vision and review
- Selecting what pillars add value
- Communication and outcomes with the team
- Identifying the leadership
- Macro and Micro Planning
- Understanding the competition
- Logistics and people support
- Goals, measurements and review
- Individual coaching sessions
- Team coaching sessions
- Weekly tactics and review
- Daily approach and review

- Personal Development Plans (PDP's)
- Individual "work on's" / goals
- 1:1 Coaching and mentoring to optimise performance
- Communication
- Listening effectively
- Effective questioning
- Baseline of where we are now, and vision for the future
- Check in and buy into individual and team goals
- Pillars of support
- Review



COACHING SESSIONS

- EVERY COACHING SESSION CAN BE BESPOKE TO THE NEEDS OF EACH PERFORMANCE UNIT.
- EVERY COACHING SESSION CAN BE TAILORED WITH EVIDENCE DRIVEN SOLUTIONS.
- EVERY COACHING SESSION CAN BE MEASURED TO IMPROVE INDIVIDUAL & UNIT PERFORMANCE

**COACHING SESSIONS FOCUS ON THE INDIVIDUALS
WELLBEING TO IMPROVE PERFORMANCE**

**MENTAL HEALTH
& WELLNESS**



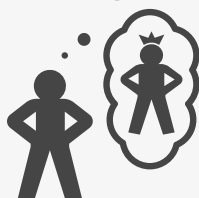
**INCLUSION &
ISOLATION**



**INFLUENCES &
INFLUENCING**



SELF ESTEEM



CONFIDENCE



STRENGTHS



COMMUNICATION



RESILIENCE



EMPATHY

