

### THE FACTS

With one in six workers in the UK experiencing emotional anxiety or depression at any one time, stress and mental ill health affects every businesses' workforce, whether large or small.

ACAS estimates the annual cost to UK employers at nearly 30 billion pounds through absence, reduced productivity and in replacing lost staff—close to £1,000 per employee.

There are proven ways you can reduce these impacts on your team and improve your business outcomes.



**INVEST IN TIME OUTDOORS:** Employee wellbeing, engagement and positive team relationships make for better business

### WHY FOREST SCHOOLS?

**“Contact with nature provides a low-cost, high-gain approach to employee effectiveness and wellbeing”**

*R. Kaplan, Doctor of Psychology*

By its nature, the Forest Schools approach embodies the **‘Five Steps to Wellbeing’** - evidence based actions, endorsed by the NHS and Mind, which improve our emotional health and overall wellbeing:



**INSPIRATIONAL • MEMORABLE • EFFECTIVE**

**CONNECT:** *Build networks and relationships outside the office*

**BE ACTIVE:** *Discover the freedom of the outdoors*

**TAKE NOTICE:** *Enjoy the moment, see yourself and the world differently*

**LEARN:** *Master a new skill, unearth a hidden interest*

**GIVE:** *Do things for yourself and others*

### WHY ADVENTURE HYNDBURN?

Adventure Hyndburn's qualified Forest Schools leaders are experienced in delivering events and programmes which tune in to the key concepts of building an effective workforce.

Our professional team will support your employees to step outside workplace pressures and develop a fresh perspective.

### ADVENTURE HYNDBURN'S FOREST SCHOOLS FOR BUSINESSES PACKAGES

#### TASTE OF EXPLORATION

An engaging session of Forest Schools activities

#### TIME TO DISCOVER

An away day like no other, the Forest Schools way

#### OPPORTUNITY TO IMMERSE

A programme of sessions nurturing long term impact

**WANT TO DISCOVER HOW FOREST SCHOOLS COULD BENEFIT YOUR BUSINESS?**

**CALL US TODAY: RICHARD 07739343954 / SARAH 07715416709**