



W talkinthebay.co.uk **E** bookings@talkinthebay.com

OUR CORPORATE SERVICES

1.
TWO – SESSION
WELLBEING
MODEL

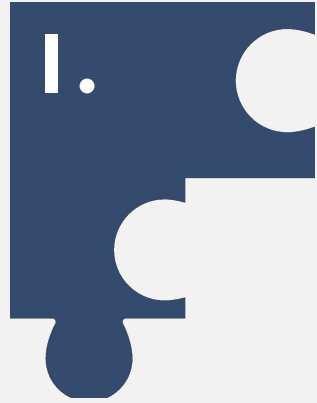
2.
COUNSELLING &
PSYCHOTHERAPY

5.
SUPERVISION

3.
RESILIENCE
TRAINING

4.
CRITICAL
INCIDENT DEBRIEF

THE TWO SESSION MODEL



In-the-moment support sessions for employees to suit your workforce requirements

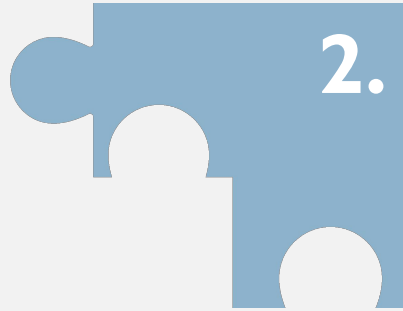
Delivered onsite at your premises or online

Solution Focused

Monthly Reporting

The online service is available via ZOOM or telephone
(Other platforms can be considered)

COUNSELLING & PSYCHOTHERAPY



A tailor-made therapy model to suit your needs

Sessions can take place at our Cardiff Bay practice, online or at your place of work.

Our well qualified therapists have experience to deal with a wide range of issues.

SURVIVING VS THRIVING

CORPORATE TRAINING PACKAGES



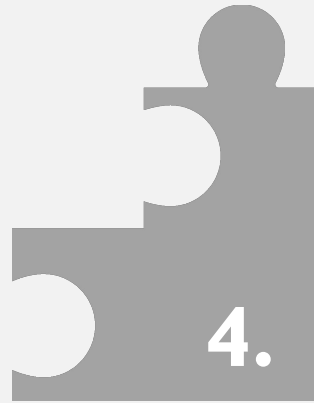
Resilience training for employees

The mindful manager training

Specialised training for people's teams

All our Training Courses are currently available ONLINE as a ninety-minute training time.

CRITICAL INCIDENT DEBRIEF



Ability to mobilise instant support

Well facilitated de-brief following a difficult or traumatic incident

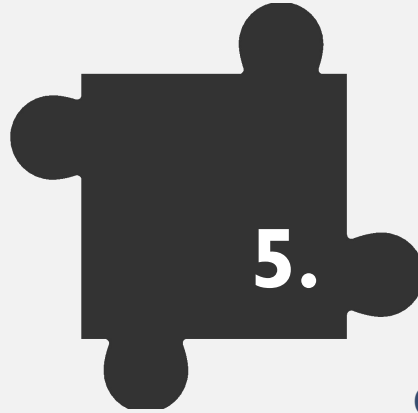
Delivered by experienced therapists

Strategies to identify those at risk

Support to those in need

We are equipped to provide this service ONLINE

CLINICAL SUPERVISION



Group or Individual or a Blended Model

Monthly or at an interval to suit your needs

Helps to reduce stress & anxiety of teams

Creates more supportive environment

Improves job satisfaction

Develops & improves communication between teams

SOME OF OUR
PARTNERS:

creditsafe[✓]

Linc

Admiral

NHS
Blood and Transplant

seeker |



CONTACT US TODAY

We are ready to support you!

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