



The human connection is the key to personal and career success.

Paul J. Meyer



A New Solution for Workplace Wellbeing

How will more connection benefit your organisation?

In today's fast-paced, high-pressure work environments, feelings of overwhelm, disconnection, isolation and stress have reached crisis levels and impact millions of lives. Employee wellbeing is no longer a luxury—it's essential.

A Touch of Gentleness is a not for profit organisation dedicated to bringing the transformative power of touch, human connection and gentleness back into organisations, communities and society. We offer a fresh new approach to workplace wellbeing which strengthens team cohesion and promotes an inclusive and connected workplace culture.

We don't just provide a programme; we deliver a transformative experience that reconnects your team, reduces stress, and unlocks human potential. Our methodology goes beyond traditional wellness initiatives by:

- Teaching practical self-care skills
- Creating spaces for meaningful workplace interactions
- Enhancing team collaboration through greater understanding

Imagine an organisation where every team member feels genuinely seen, heard, and valued. Where emotional resilience is as important as technical skill. Where gentleness is recognised as a strength, not a weakness. **This is the promise of A Touch of Gentleness.**

Training Programme & Partnership Opportunity

OUR TRAINING DAYS DELVE INTO:

- **The Power of Connection & Communication:** Explore the “how” of meaningful interactions and the vital role gentleness plays in fostering strong relationships.
- **Evidence-based Techniques:** Identify, manage and reduce stress using practical tools rooted in the latest neuroscience.
- **Enhanced Listening Skills:** Strengthen communication and presence that promotes empathy and understanding.
- **Positive Touch:** Learn pressure points and touch techniques proven to reduce feelings of stress.
- **Practical Applications:** Learn actionable strategies and tools to apply these insights in your organisation for enduring positive change.
- **Hands-on training:** To offer restorative 20-minute hand massages that reduce stress and anxiety, alleviate pain, enhance sleep and “reset” the nervous system.

Building Connection for Personal & Career Success

THE LONG-TERM BENEFITS OF OUR PARTNER PROGRAMME TRAINING DAY:

- **Increased Cooperation & Loyalty:** Strengthen teamwork and foster an environment where employees feel connected and motivated to contribute, boosting teamwork, engagement, and long-term retention.
- **Enhanced Productivity:** Experience the benefits of reduced stress and improved focus - proven to increase executive function and creativity.
- **A Sustainable Cohesive & Supportive Culture:** Foster an environment that nurtures individual potential and collective growth.
- **Promote Trust & Connection:** Option to train selected employees to be Ambassadors of Gentleness, offering a hand massage and a listening ear.
- **Community Impact:** Proceeds from this programme are reinvested into A Touch of Gentleness community outreach, helping spread joy and peace throughout society and creating a continuous loop of connection and well-being.



We also offer bespoke half-day workshops, incorporating some of the key themes outlined above and tailored to your organisation's needs.

Your organisation will receive and be able to display our Badge of Partnership, recognising your commitment to employee well-being and community impact.

Keynote Speaker

Helen Prosper
Founder,
A Touch of Gentleness

Helen is a dynamic keynote speaker specialising in the following transformative topics:

TALK TOPICS:

- **Connection:** The foundational power of meaningful human connection in both personal and professional life.
- **The Importance and Power of Gentleness:** How embracing gentleness can drive positive change and foster a more supportive environment.
- **Safe, Positive Touch:** The emotional and physical benefits of safe, intentional touch in a world that is becoming increasingly disconnected.
- **Building a Culture of Connection & Gentleness:** Why nurturing a culture of connection within your organisation is key to long-term growth, wellbeing, and productivity in an ever-changing world.



Helen's talks are absolutely captivating. So much so, that when she talks you can hear a pin drop. Why? Because Helen talks from the heart, with passion about subjects that affect us all. Always creative, imbued with wisdom, practical insight and stories. She will captivate your audience and take them on a journey of discovery. Having spent years in sales I have listened to many talks and attended many public speaking courses. Helen is one of the best key note speakers I have ever heard.

- R. Yeo, Counsellor and Outreach Support Worker

WHY CHOOSE HELEN AS YOUR KEYNOTE SPEAKER?

- **Professional Expertise:** With over 30 years of experience across diverse sectors like the NHS, education and independent practice, Helen brings a comprehensive and nuanced understanding of systemic challenges that can deeply impact workplace wellbeing.
- **Transformative Presentation Style:** Helen delivers powerful, passionate talks that are not just informative but genuinely life-changing. Her original and refreshing presentations, inspire and motivate individuals to shift their perspectives and positively transform organisational cultures.
- **Personal and Professional Insight:** By combining her professional background with personal experiences, Helen creates keynote speeches that are uniquely compelling. Her talks provide teams with practical tools and knowledge to foster genuine connection and lasting success in the workplace.





This training day has brought so much more cohesion and meaningful connection to our staff... we listen with increased gentle presence as we offer the hand massages to our patients and to members of the staff who benefit enormously from the relaxation and 'reset' which this soothing connection offers. Work has become an ever more enjoyable place to be. We are proud to partner with A Touch of Gentleness and look forward to offering more staff the opportunity of attending this transformative day which increases connection and a sense of well-being in so many ways."

- C.Diaz, Senior Staff Nurse, ICU Conquest Hospital

What small steps could we take today to nurture a more connected workplace?

How might improved interpersonal connections reduce team turnover and recruitment costs?

What are the long-term strategic advantages of investing in a programme that prioritises human connection?

Let's have a conversation

Explore how A Touch of Gentleness can foster a culture of connection, care and generosity that radiates through every team member and into the wider community.



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 *A Touch of Gentleness*
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