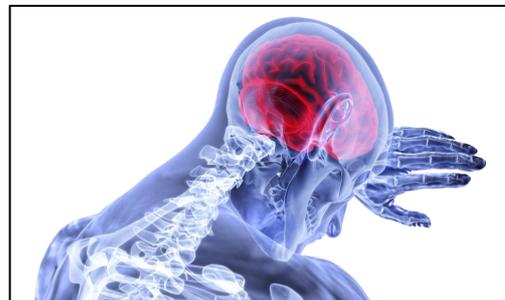
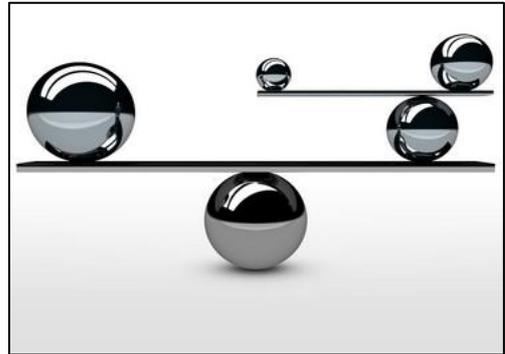




**AurumGold Ltd**

*Enabling Wellbeing Transformation*





# Contents:

<i>Meet the Founders</i>	5
<i>AurumGold Workshops</i>	6
<i>Battlefield of the Mind</i>	7
<i>AurumGold Consultancy</i>	8
<i>Financial Wellbeing – part 1</i>	10
<i>Financial Wellbeing – Part 2</i>	11
<i>Developing Personal resilience in the workplace – Part 1</i>	12
<i>Developing Personal resilience in the workplace – Part 2</i>	13
<i>Managing conflict in the workplace</i>	14
<i>Emotional &amp; Mental Health &amp; Safety</i>	15
<i>How to build great workplace relationships</i>	16
<i>Stress management in the workplace</i>	17
<i>Services and Workshops Price List</i>	18
<i>Consultancy and/or Workshop Terms &amp; Conditions</i>	19

---

# Emotional & Mental Health & Safety in the Workplace

---

Wellbeing is so important and more so today as we see a growing number of UK workers experiencing the devastating effects of stress, anxiety and depression. It is said that 1 in 4 of us will experience mental health challenges this year and it doesn't look like it's getting any better.

The causes can be varied, but the common areas listed as having the most impact are financial, relational and work related. The aim of AurumGold is to help you the employer combat some of these causes, hence this brochure.

If you don't see what you are looking for here, please don't hesitate to contact us as we tailor our approach specifically to your business needs. We would love to come and chat with you about how we may help.

---

# Meet the Founders

AurumGold employs a team of wellbeing and personal development professionals, with a successful history in helping organisations to improve wellbeing. With a broad range of skills and decades of specialist industry experience, we are here to help individuals, teams and businesses achieve their full potential.

## *Penny Holdsworth – Co-Founder and Director*



Penny has a real, lifelong passion for helping people – for unlocking their potential and helping people to see the value they have to offer.

Before setting up AurumGold, Penny spent 15 years working in Pharmaceutical Sales, promoting products she believed would have a positive difference to people in their everyday lives. Penny has also established and managed two successful businesses.

A mother of 3 and grandmother of 5, Penny cherishes the time she spends with her family. Penny is also a keen gardener and enjoys staying active by cycling and hiking in the great outdoors with Phill. Penny likes to draw, finding fulfilment in expressing herself through art.

## *Phill Holdsworth – Co-Founder and Director*

Phill is a personal development specialist with a wealth of high-level experience in the charity, finance and manufacturing industries.

Prior to founding AurumGold, Phill spent a 15-year career developing people's skills at leading organisations in the manufacturing and finance sectors, before embarking on a rewarding corporate-level role at a leading debt counselling charity. Championing the cause of society's most vulnerable and marginalized, Phill represented the interests of the charity to government departments, institutes and trade bodies across the UK.



Phill is also a volunteer for the North Yorkshire Major Incidents Response Team (MIRT) and works closely with the emergency services, statutory and voluntary agencies to offer practical and emotional support. In addition, MIRT also responds to the individual needs of anyone who finds themselves caught up in extraordinary situations

Outside of work, Phill loves the great outdoors and is a keen ornithologist, enjoying hiking in the stunning countryside with Penny. He likes to keep active, and enjoys mountain biking, and playing walking football in his hometown of Harrogate. Phill also holds a season ticket at Harrogate Town.

- Chartered Institute of Personnel & Development (CIPD)
- Association of the British Pharmaceutical Industry (ABPI)
- Life Coach

- Applied Suicide Intervention Skills Training (ASIST)
- Mental Health First Aider
- Integral Eye Movement Therapy
- Neuro Linguistic Programming

# AurumGold Workshops



## AurumGold provides bespoke workshops that help you create a happier, healthier and more productive workforce

By supporting management, teams and individual employees, we will help you improve emotional health, wellbeing and intelligence across your organisation:

- Boosting productivity and driving performance
- Nurturing a healthier working environment
- Reducing employee turnover
- Creating a positive culture and building teams
- Decreasing absenteeism and presenteeism
- Driving engagement, improving communication and protecting your business reputation

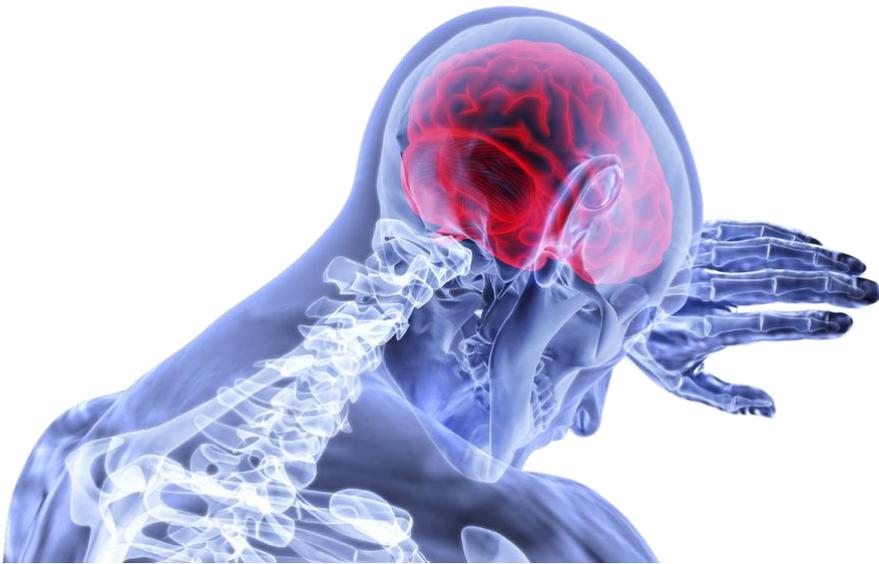


The following are just some of the workshops we can provide in-house, to support your business. Our approach is to understand your requirements and then compile workshops that have a practical focus which on completion can be applied in the working environment:

- Battlefield of the Mind
- Stress Management in the Workplace
- Developing Personal Resilience in the Workplace – Part 1
- Developing Personal Resilience in the Workplace – Part 2
- Financial Wellbeing – Part 1
- Financial Wellbeing – Part 2

The content of each workshop will determine their duration; however, we can produce short workshops lasting a minimum of one hour to fit busy work schedules or shift patterns. This is something we discuss and agree with you.

N.B. If you have not used our services before we are more than happy to deliver a sample workshop lasting one hour by which you can assess the standard and quality of what we deliver.



## Battlefield of the Mind

### Understanding how our emotions impact our physical and mental wellbeing

The mind is often the place where some of our biggest battles are fought and yet we pay it our least attention. When we break a leg, it's obvious and we know that something needs to be done to help it heal. However, when we are developing thinking that negatively impacts every area of life, because it isn't visible then we assume it isn't important.

Come and find out how powerful a person you are and why managing our internal us is the key to success.

This is a one-hour workshop designed as a taster for developing emotional wellbeing.



Understand your  
Communication  
Model

---

Chimp, Human and  
the Computer

---

Happy Chemicals

---

Impact of Right  
Thinking

---

Stress,  
what is it?

---

Tips for Developing  
Resilience

AurumGold Ltd

3 Stonecrop Avenue, Killinghall  
Moor, Harrogate, HG3 2WS

Tel: 01423 623641

Email: [info@aurumgoldltd.co.uk](mailto:info@aurumgoldltd.co.uk)

Web: [www.aurumgoldltd.co.uk](http://www.aurumgoldltd.co.uk)

# AurumGold Consultancy

**AurumGold Ltd**

*Enabling Wellbeing Transformation*



Are the effects of stress impacting your employees and encroaching on your business? If so...

**AurumGold Ltd** is passionate about managing stress in the workplace and promoting emotional and mental health & safety. Through stress management our goal is to Keep YOUR business, people and reputation SAFE!

#### **How? We...**

- Advise and assist companies on how to embed stress management into their existing Health & Safety policy and procedures, including risk assessments
- Assist companies to carry out stress audits at appropriate intervals to gauge the health of the organisation
- Provide bespoke training through interactive workshops enabling knowledge, understanding and practical application whether a senior executive, manager or employee
- Underpin internal Employee Assistance Programmes with our confidential coaching/mentoring service

**Why AurumGold?** Through first-hand experience we understand the challenges businesses and people face when dealing with stress. This strengthens our expertise to help businesses find the right solutions.

#### **Benefits**

- Absenteeism reduced
- Presenteeism reduced
- Low employee churn
- Reduced employee costs
- Greater employee engagement
- Higher productivity levels
- Happier workforce
- More satisfied customers
- Improving business reputation and future resilience

#### **Contact**

AurumGold Ltd  
3 Stonecrop Avenue  
Killinghall Moor  
Harrogate  
HG3 2WS

#### **Telephone**

01423 623641

#### **Email**

[info@aurumgoldltd.co.uk](mailto:info@aurumgoldltd.co.uk)

#### **Website**

[www.aurumgoldltd.co.uk](http://www.aurumgoldltd.co.uk)

# Workshops



# FINANCIAL WELLBEING

## Financial Wellbeing – part 1

Raising awareness of and developing techniques for improving personal money management

Financial wellbeing: "a state of being wherein you: Have control over day-to-day, month-to-month finances; Have the capacity to absorb a financial shock; Are on track to meet your financial goals; and Have the financial freedom to make the choices that allow you to enjoy life."

Studies show that financial distress is a significant cause of lowered productivity in the UK. Come and find out how to build financial resilience.

This is a half day workshop or three, one-hour workshop sessions



Money's  
Psychological Impact

Budgeting Skills

Balance the Books

Cash, Savings &  
Debt Reduction

Exploring useful  
Resources

AurumGold Ltd

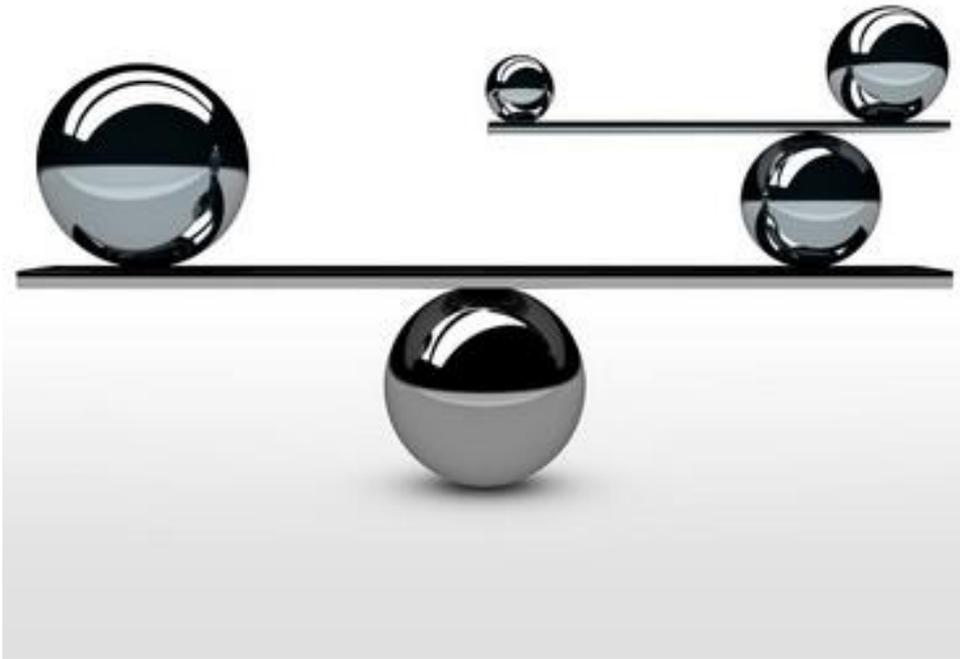
3 Stonecrop Avenue, Killinghall

Moor, Harrogate, HG3 2WS

Tel: 01423 623641

Email: [info@aurumgoldltd.co.uk](mailto:info@aurumgoldltd.co.uk)

Web: [www.aurumgoldltd.co.uk](http://www.aurumgoldltd.co.uk)



## Financial Wellbeing – Part 2

Understanding how you feel, think about and handle money helps you better manage your personal finances

How do we relate to money? Do you feel you are 'Good' with money or do you feel that you are not? Why do some people save, and others find this hard, and would rather use their money and resources in different ways?

Come and find out how you as an individual relate to money.

This is a half day workshop or three one-hour workshop sessions.



Understand yourself,  
Understand others

Unlocking financial  
tension in our  
relationships

Being aware of our  
area of  
weakness/shadow

Planning positive  
financial change for  
personal freedom

Being content with  
what you have!

AurumGold Ltd

3 Stonecrop Avenue, Killinghall  
Moor, Harrogate, HG3 2WS

Tel: 01423 623641

Email: [info@aurumgoldltd.co.uk](mailto:info@aurumgoldltd.co.uk)

Web: [www.aurumgoldltd.co.uk](http://www.aurumgoldltd.co.uk)



## Developing Personal resilience in the workplace – Part 1

### Raising awareness of and developing techniques for improving personal resilience

Resilience comes from the Latin *resilio*, which means to jump (or bounce) back. Emotional resilience measures our ability to cope with or adapt to stressful situations or crises.

Studies show that stress is a significant cause of lowered productivity in the UK. Come and find out how to build resilience.

This is a two-day workshop that can be delivered in four half days or 12 one-hour workshops.



- Understanding stress
- Communication Model
- Why is Emotional Intelligence (EQ) important
- Understanding our physiology
- Exploring the importance of Financial Wellbeing

AurumGold Ltd  
3 Stonecrop Avenue, Killinghall  
Moor, Harrogate, HG3 2WS  
Tel: 01423 623641  
Email: [info@aurumgoldltd.co.uk](mailto:info@aurumgoldltd.co.uk)  
Web: [www.aurumgoldltd.co.uk](http://www.aurumgoldltd.co.uk)



## Developing Personal resilience in the workplace – Part 2

### Raising awareness of and developing techniques for improving personal resilience

Resilience comes from the Latin *resilio*, which means to jump (or bounce) back. Emotional resilience measures our ability to cope with or adapt to stressful situations or crises.

Studies show that stress is a significant cause of lowered productivity in the UK. Come and find out how to build resilience.

This is day two of a two-day workshop that can be delivered in four half days or 12 one-hour workshops.



Creating effective relationships

---

Setting healthy boundaries

---

Taking care of the physical you

---

Understanding Forgiveness

---

What is self-worth

---

Escaping the victim mindset

---

AurumGold Ltd

3 Stonecrop Avenue, Killinghall

Moor, Harrogate, HG3 2WS

Tel: 01423 623641

Email: [info@aurumgoldltd.co.uk](mailto:info@aurumgoldltd.co.uk)

Web: [www.aurumgoldltd.co.uk](http://www.aurumgoldltd.co.uk)



## Managing conflict in the workplace

Many of us would prefer to avoid conflict and yet we find ourselves sometimes caught in the midst and not knowing how to deal with it.

In this workshop we will explore our internal world and the drivers that can feed conflict. We will look at techniques such as Transactional Analysis (TA), which helps us analyse how individuals communicate and identify what interaction is needed for a better outcome. It is designed to promote personal growth and change that influences well-being and helps individuals reach their full potential in all aspects of life.

We will also investigate the games people play and why respect in the workplace is a vital ingredient for personal and business success.

This is a one-day workshop that can also be delivered in two half days or six one-hour workshops.



Communication  
Model

—  
Transactional  
Analyses

—  
The games people  
play

—  
Respect in the  
workplace

AurumGold Ltd

3 Stonecrop Avenue, Killinghall

Moor, Harrogate, HG3 2WS

Tel: 01423 623641

Email: [info@aurumgoldltd.co.uk](mailto:info@aurumgoldltd.co.uk)

Web: [www.aurumgoldltd.co.uk](http://www.aurumgoldltd.co.uk)



# Emotional & Mental Health & Safety

## Understanding how to manage Emotional & Mental wellbeing in the workplace

Mental and emotional wellbeing is essential to overall health. Positive mental health allows people to realise their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their work and communities.

Emotional & Mental Health & Safety is one sustainable approach a company can take to encourage wellbeing in the workplace. Come and find out how.

This is a one-day workshop that can be delivered in two half days or six one-hour workshop sessions.



- Understanding Stress
- 
- Battlefield of the Mind
- 
- Chimp Paradox
- 
- Thriving at Work
- 
- Stress Management Standards
- 
- Practical Tips

AurumGold Ltd  
3 Stonecrop Avenue, Killinghall  
Moor, Harrogate, HG3 2WS  
Tel: 01423 623641  
Email: [info@aurumgoldltd.co.uk](mailto:info@aurumgoldltd.co.uk)  
Web: [www.aurumgoldltd.co.uk](http://www.aurumgoldltd.co.uk)



# How to build great workplace relationships

## How good are the relationships that you have with your colleagues?

According to the Gallup Organisation, people who have a best friend at work are seven times more likely to be engaged in their jobs. And it doesn't have to be a best friend: Gallup found that people who simply had a good friend in the workplace are more likely to be satisfied.

In this workshop, we will look at how you can build strong, positive relationships at work. We'll see why it's important to have good working relationships, and we'll look at how to strengthen your relationships with people that you don't naturally get on with.

We will also explore why it is also good for our health and longevity of life!

This is a one-day workshop that can also be run in two half days or 6 one-hour workshops.



Why are good relationships important?

---

What is a good relationship?

---

How do you build good relationships?

---

Setting healthy boundaries

---

Dealing with difficult relationships

---

Respect in the workplace

---

AurumGold Ltd

3 Stonecrop Avenue, Killinghall

Moor, Harrogate, HG3 2WS

Tel: 01423 623641

Email: [info@aurumgoldltd.co.uk](mailto:info@aurumgoldltd.co.uk)

Web: [www.aurumgoldltd.co.uk](http://www.aurumgoldltd.co.uk)



# Stress management in the workplace

## Raising awareness of and developing techniques for managing stress

HSE defines stress as 'the adverse reaction people have to excessive pressures or other types of demand placed on them'.

Stress affects people differently – what stresses one person may not affect another. Factors like skills and experience, age or disability may all affect whether an employee can cope.

In this workshop we will explore what is stress and its affects if not managed. We will also investigate the six main areas of work design which can affect stress levels. And we will look practically at how we can manage stress in the workplace.

This is a one-day workshop that can be delivered in two half days or six one-hour workshops.



Understanding stress

The causes of stress

Understanding coping and defense mechanisms

Understanding our physiology

Exploring the Stress Management Standards

Stress Risk assessments

Useful Resources

AurumGold Ltd

3 Stonecrop Avenue, Killinghall

Moor, Harrogate, HG3 2WS

Tel: 01423 623641

Web: [www.aurumgoldltd.co.uk](http://www.aurumgoldltd.co.uk)

## Services and Workshops Price List

<b>Duration:</b>	<b>Description:</b>	<b>Group Size:</b> (In-house)	<b>Group Size:</b> (Open)	<b>Cost:</b> (In-house)	<b>Cost:</b> (Open)
One Day	Consultancy	N/A	N/A	£1100	N/A
Two Days	Workshop	Max 20	Min 10 - Max 40	£2000	£220 per delegate
One day	Workshop	Max 20	Min 10 - Max 40	£1100	£110 per delegate
½ Day	Workshop	Max 20	Min 10 - Max 40	£600	£60 per delegate
One Hour	Workshop	Max 20	Min 10 - Max 40	£300	£30 per delegate
One Hour	Coach/Mentor	Individual	Individual	See note below	£60

### **N.B:**

1. In-house means company specific, Open workshops are run at a neutral location and are accessible to delegates from across sectors and the public.
2. Coaching/Mentoring in-house is an addition to an Employee Assistance Programme (EAP) and can be agreed on a retainer basis. It is priced on the number of employees, usually £5 per employee per month, for companies of 100+ employees. We will visit your company site twice per month offering a confidential service to your employees.

Proactive wellbeing can help keep your employees mentally resilient and productive. Sometimes the stresses and strains of work and life can be challenging so sharing a problem in confidence can help put things into perspective and improve the mental wellbeing of the individual.

Extensive studies have shown that face-to-face interactions help lower levels of cortisol, improve longevity of life and helps stave off conditions such as dementia. We will visit your company site twice per month offering a confidential face-to-face service to your employees.

# Consultancy and/or Workshop Terms & Conditions

## 1. CHARGING ARRANGEMENTS.

Consultancy: Charging will generally be on a daily basis unless otherwise agreed with the client. A day equals 7 hours and a half-day equals 3 hours, both inclusive of breaks. As inferred such Consultancy could be charged on a total fee for the Consultancy undertaking, an hourly rate or as a monthly retainer. When charged on an hourly or daily basis, the hours of the Consultancy commence from the leaving of AurumGold's office at Harrogate and terminate at the time of returning to AurumGold's office.

Expenses: All reasonable expenses will be chargeable to the client. Mileage will be charged at the rate of 45p per mile. Should it be necessary to hold a preliminary or pre-meeting before the Consultancy and/or Workshop commences then the expenses incurred relating to that meeting will be chargeable to the client. Exploratory meeting expenses may be waived as a gesture of goodwill, this is a discretionary decision.

See services and workshops price list for further pricing details.

## 2. SUBSTITUTES.

AurumGold Limited will endeavour to provide the named personnel to consult for the client but cannot be held responsible, under contract, for their absence through illness or other cause.

In the absence of the nominated individual, AurumGold Limited will endeavour to provide a suitable substitute. If this is not possible or the client prefers, then a negotiated postponement of the Consultancy and/or Workshop will be arranged.

## 3. CANCELLATION ARRANGEMENTS

Where a Consultancy and/or Workshop has been accepted by AurumGold Limited and dates agreed with the client, and it is subsequently cancelled by the client, the following charges will apply: -

- (a) Between four and eight weeks prior to the Consultancy and/or Workshop or course commencement date, AurumGold Limited shall be paid 20% of the approximated Consultancy and/or Workshops cost.
- (b) Between two and four weeks prior to the Consultancy and/or Workshop commencement date, AurumGold Limited shall be paid 50% of the approximated Consultancy and/or Workshop cost.
- (c) For less than two weeks prior to the Consultancy and/or Workshop commencement date, AurumGold Limited shall be paid the full-approximated Consultancy and/or Workshop cost.

### Notes.

The 'approximated Consultancy and/or Workshop cost' would be agreed at the time of the cancellation between the client and AurumGold Limited.

Any expenses incurred prior to such cancellation will be due and payable as detailed under 'expenses'.

Cancellation shall be deemed to be the date upon which AurumGold Limited receives written or oral notification by the client.

Where a Consultancy is on a monthly retainer basis, then unless otherwise arranged between client and AurumGold Limited, a 30-day period of notice of cancellation will automatically apply.

These conditions will not apply if the client only wishes to postpone the Consultancy and/or Workshop provided suitable new dates within a twelve-month period can be arranged.

#### 4. INVOICING

AurumGold Limited shall invoice for each Consultancy and/or Workshop for payment after the Consultancy and/or Workshop has been completed, unless other arrangements have been agreed with the client. The invoice will include all reasonable expenses incurred. Payment will be required within 30 days of the invoice, made payable to AurumGold Limited via BACS:

Bank: NatWest  
Account No: 55503780  
Sort Code: 53-50-21

In the event of late payment AurumGold Limited may invoke the Late Payment of Commercial Debts (Interest) Act 1998 and The Late Payment of Commercial Debts Regulations 2002, which would mean the addition of Statutory Interest and also fixed Recovery costs, allowed under this legislation.

#### 5. LIABILITY.

(a) AurumGold Limited shall at all times seek to provide the best possible consultants or trainers in order to meet the client's Consultancy and/or Workshop objectives.

(b) In the event of the client's dissatisfaction with the Consultancy and/or Workshop provided, AurumGold Limited' liability will be limited to: -

- (i) undertaking the Consultancy and/or Workshop exercise again, only once, or
- (ii) refunding the total Consultancy and/or Workshops fee including expenses incurred as paid.

Liability under (i) and (ii) above shall be the maximum of AurumGold Limited' liability. It shall be construed to be the liability in all matters of dissatisfaction, which shall be the subject of discussion and agreement as to liability and degree of compensation.

AurumGold Limited is covered by a Professional Indemnity Insurance policy.

*Phill & Penny Holdsworth*  
Founding Partners & Directors





**AurumGold Ltd**

*Enabling Wellbeing Transformation*

Contact: 01423 623641 | [www.aurumgoldltd.co.uk](http://www.aurumgoldltd.co.uk)

Registered Company: 10681848

Registered Address: 3 Stonecrop Avenue, Killinghall, Harrogate, HG3 2WS

