



BETTER WORK STORIES

DEVELOPED BY



SCIENCE-BASED TOOLS TO THRIVE

Better Work Stories goes beyond a typical wellbeing talk. Our workshops combine practical tools with energy, connection, and fun. Through interactive sessions grounded in positive psychology, storytelling, and sport-inspired activities, we help individuals build resilience, teams strengthen culture, and workplaces become more connected.

Better Work Stories workshops help individuals and organisations thrive by combining evidence-based strategies from neuroscience and positive psychology with insights from high-performance sport.

Through interactive, engaging sessions, we turn wellbeing science into practical tools people can use immediately to perform, connect, and work better together.

Better Work Stories can be delivered as a one-off workshop or as part of an ongoing programme, with formats ranging from 90-minute sessions through to half-day, full-day, or multi-day experiences tailored to the needs of your team or organisation.

BETTER WORK STORIES

Better is about the individual. We build self-awareness, confidence, resilience, and mindset through practical tools and shared experiences. It's about helping people understand themselves more clearly, how they respond when it matters most, and how they show up for others in both life and work.

BETTER WORK STORIES

Better Work is about teams and culture. Through communication, trust, and shared experiences, we help teams improve how they work together, strengthen relationships, and create environments where people collaborate more effectively, not just operate alongside each other.

BETTER WORK STORIES

Better Work Stories is about creating workplaces people genuinely want to talk about. Through fun, games, storytelling, and memorable experiences, staff leave with stories not just about the workshop itself, but about renewed energy and a stronger sense of connection as part of an organisation that works better together.

"It's one of the best presented and useful workshops that I've been to"

**Kim Hamill,
Nimba**

"Amazing content. Great connection and buzz in the room."

**Anja Clarkson,
Cambridge Partners**

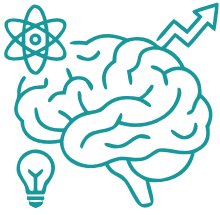
"Talks are great, but engagement is key. Kept me excited to hear more."

**Axel Scheffel,
Contented**

"Great fun and highly interactive"

**James Howard,
Cambridge Partners**

What to expect:



SCIENCE-BASED

Grounded in neuroscience and positive psychology, you'll develop tools to cultivate a growth mindset, boost optimism, increase emotional intelligence, and manage stress.



HIGH ENERGY

Our workshops incorporate team sports-style games to reinforce key messages and forge strong connections.



PRACTICAL & RELATABLE

The tools are easy to apply and can be used right away in daily life.



MOTIVATING STORIES

We use memorable storytelling to bring these skills to life, showing how they help to overcome challenges and succeed.



TAILORED FOR YOUR TEAM

Whether you want a 90-minute session or a multi-day workshop, we customise the content to suit your team's needs.

Empowering your team. Strengthening your organisation.

Investing in wellbeing training delivers lasting benefits across both people and performance, including:

- Increased productivity and performance
- Greater employee engagement
- Reduced staff turnover
- Lower wellbeing-related costs
- Improved communication and information sharing
- Stronger performance under pressure
- Higher job satisfaction

The Crusaders championing our cause

"It's a game-changer for any corporate or high-performance environment. BetterMan's interactive, science-backed approach to wellbeing goes far beyond traditional presentations, engaging participants with practical tools, games, and fun challenges that foster real learning and connection. Our players and management left the session energised, inspired, and equipped with actionable strategies to strengthen relationships, manage emotions, and develop a more flexible, resilient mindset, all contributors to our on and off field success in 2025.

The benefits were immediate. We saw improved communication within our team, with our stakeholders and the community, greater empathy, and a renewed sense of belonging within our team.

I highly recommend BetterMan to any organisation looking to boost team wellbeing, performance, and engagement. The passion and expertise of both Todd and Ged made the experience both enjoyable and impactful, truly a standout in corporate development for individuals and teams."

Aaron Webb
Crusaders Team Manager

