

# Thrive & Grow in 2025



23<sup>rd</sup> Jan 2025  
15.00 – 17.00



Freeths Bristol

During this interactive workshop, we will explore how living and leading by the 7 attributes of a Thriving Workplace Culture can set you up to thrive and grow at work in 2025

WHY  
it matters



The Business Case  
for  
Workplace  
Thriving

WHAT  
is it



A framework to  
support  
individuals and  
organisations to  
thrive and grow

HOW  
to do it



Practical Tools  
and Techniques  
to support you  
and your team(s)  
to thrive at work

SO WHAT...



The role of  
leadership of  
ourselves and  
each other

Running throughout the session will be conversations that encourage you to share stories, learn from each other, and explore the topic with like-minded people

## IN PREPARATION FOR THE WORKSHOP\*

We invite you to take the Thrive and Grow diagnostic using the following link <https://diagnostic.compassionate-cultures.co.uk/cc20v1> by COP 10th Jan 2025

We will use this group's data to help you experience and understand the power of the T&G Index.  
When prompted to enter your organization / survey code, please input NEWBristol

“Now is the time to re-think. To create workplaces to help people thrive. At the heart of everything we do, must be human connection; the way we collaborate, the way we communicate, the way we engage, the way we support each other”

Peter Cheese - CEO C.I.P.D. April 2020



\*all responses will be anonymous



# Hello!

We are really looking forward to meeting you on 23<sup>rd</sup> January when we will be exploring the conditions required to enable individuals and organisations to thrive and grow in 2025. We hope you walk away having had the opportunity to compare your workplace to the landscape today, gained insights and top tips that you can practically apply right away, and identified areas to focus on to support thriving at work (for yourself and for your organisation).

## Why this matters...

We spend approximately 90,000 hours, or a third of our life, at work and yet numerous data sources show us that we are not thriving:-

- ☞ Only 14% of us look back on our week and always find moments of joy in every day\*
- ☞ Nearly 6 in 10 workers are quietly quitting\*\*
- ☞ Work-related stress and burnout are costing the UK economy £28bn a year\*\*\*

What is unequivocal, is that there is a direct correlation between how people feel at work, and the impact they go on to have:-

- ☞ Highly engaged teams generate up to 23% higher profitability, they also experience lower absenteeism, turnover and accidents and higher customer loyalty.
- ☞ Leaders and teams who embrace the 7 attributes of a compassionate Culture report considerable increases in how they FEEL about work. They also report increased turnover, profitability and people retention.

During this interactive workshop, we will explore what it means to thrive at work, share how living and leading by the attributes of a Thriving Workplace Culture improve performance and increase engagement and we will explore what you can do to bring more of it into your organisation in 2025. The workshop will be split in to 4 key areas:-

1. **Why this matters** - sharing learnings and insights from over 3 years of research
2. **What it is** – the 7 attributes of a thriving workplace culture will provide you with a framework to help you assess the landscape in your team and organisation and identify areas of focus to help you and your teams to thrive and grow at work
3. **How to do it** – introducing you to a number of easy to implement tools and activities to experience in the moment and have the confidence to take back into the teams you are a part of from tomorrow.
4. **So what** – Leadership of ourselves is a vital part of being able to support those around us. The final part of this workshop will share a number of proven, highly effective ways to show kindness to yourself in order that you can bring the best version of you to the world each and every day.

## A little bit about us...

We are the co-founders of Compassionate Cultures, a people development organisation formed from a shared passionate belief that work should be a place of joy: a place to thrive and grow.

We work with individuals, teams and organisations to build capability that enables them to thrive as human entities, as well as business and economic ones. We deliver meaningful impact by combining a huge passion & proven track record for people development with real world, commercial experience. You can find out a bit more about us, why this matters, what we do and who we do it with [here](#).

## To prepare for the session..



- We invite you to take the Thrive and Grow diagnostic by 10<sup>th</sup> Jan 2025 using the link below so we can use this group's data to help you experience and understand the power of the T&G Index.
- Link <https://diagnostic.compassionate-cultures.co.uk/cc20v1>
  - When prompted to enter your organization / survey code, please input **NEWBristol**
  - Note : all responses will be anonymous

We look forward to meeting you on the 23<sup>rd</sup> January, exploring the truths and myths of thriving at work , and sharing ideas and expertise to help you, your teams and your organisations thrive and grow.

**Caroline M & Caroline H**  
**Co -Founders**

Caroline H



Caroline M



\*THE C.C. Diagnostic Jan 2024  
\*\*Gallup \_ Statew of the Global Workforce report 2023  
\*\*\*Centre of Economic and Business Research 2023