



**SELF EMPOWERMENT
FOR YOUR BUSINESS**
*'happy people are our
business'*

*"You will find that a struggling business has
forgotten the first rule of business..."*

Every day is a Friday when you've learnt the SEJ"

*Jacqueline Mary Phillips
Founder Self Empowerment Foundation*



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PEAK PERFORMANCE

Whether you're looking to address mental health issues, general wellbeing or simply want your staff to smile more often, we at the Self Empowerment Foundation have the solution for you. We offer a simple easy to use process that can support your staff and bring your business to peak performance.

THE SELF EMPOWERMENT JOURNEY™ (SEJ)

We know as a business your focus is and should be on being successful; whether that for you includes productivity, service, profit, growth, or something else. What we all know is that success can only be achieved if you as employers, and your employees are happy, because a happy business is a successful business. And **happy people are our business**.

The SEJ is a process that is easily integrated into you and your company's day to day working practice, which supports not only the individual using the SEJ but everyone they come into contact with. Our simple, easy to use SEJ process provides immediate benefit and results in the moment. It has been used successfully with people from all walks of life, and all industries for over 20 years, this is why happy people are our business!

WHAT THE SEJ CAN DELIVER:

- A process that is integrated into all job roles and functions
- Simple and easy to use in the moment
- Immediate results
- Happy workforce
- Builds resilience in staff
- Combats Stress in the Workplace
- Reduce staff turnover
- Helps promote Wellbeing and Positive Mental Health
- Address the need for Mental Health support in business
- Enhances productivity and service
- A bespoke Corporate Package to meet your businesses needs

HOW WE OFFER THE SEJ:

- Basic to bespoke membership and training packages to suit your businesses needs
- SEJ Introductory Workshop - staff can attend this event for free every month whilst a member
- SEJ Development Workshop - staff can attend this event for free every month whilst a member
- Option to have training offsite or onsite at your premises
- On-line resources
- Free weekly SEJ Development Webinar
- Monthly Newsletter
- Family discounts age 18 and over, can attend SEJ training at a reduced fee
- Training is linked to the company and not individuals
- Opportunity to sponsor an educational setting

SPONSOR A SCHOOL

The SEJ since its introduction into education, has been used to support children, young adults, teachers, lecturers and support staff in dealing with mental health issues. Concerns in the classroom with bullying, concentration, attainment and general wellbeing, to name just a few, have been successfully addressed using the SEJ process. When children learn the SEJ they have the life skills to remain happy, they are our business leaders, employees, innovators of tomorrow.

The sponsored school will receive an Educational Members Package like your own Corporate Package directed at combating the uphill struggle of mental health concerns in schools. See our Education Brochure for additional information including more educators' testimonials. Or simply contact us today to arrange your free presentation to find out more.

Educator Testimonial

"...an amazing, valuable and essential resource in supporting us with vulnerable pupils and enabling us to provide early intervention..., has enabled pupils to develop strategies and resilience to cope with issues that are causing anxiety in their emotional lives. "

Primary School SENDCo

Sign up today at <https://www.selfempowermentfoundation.co.uk/the-sej-in-business>
Alternatively contact your Area Representative for your free presentation **Elliot Hughes 07411 736607**
Email: business@selfempowermentfoundation.co.uk