

At Illuminate we use business psychology and research to provide specialist support to organisations around wellbeing & resilience. We develop manager and employee awareness, knowledge and skills and create proactive cultures that enable people and organisations to thrive. We'd love to chat about how our range of services could help you.

Wellbeing Surveys

Our surveys are backed by behavioural science, safe, secure, anonymous and quick to complete. We provide a report of practical suggestions to help drive your business forward.

Part 1: My Wellbeing (how I feel & function day to day)
Part 2: My Workplace (drivers of wellbeing at work, external conditions, sources of stress and psychological safety)

Insight workshops

Interactive workshops to provide practical tools and strategies on a range of wellbeing topics (aimed at all levels of the business)

Topics include:

- Thriving through change and adversity
- Preventing burnout
- Imposter thinking
- Achieving more by doing less
- Understanding anxiety

Wellbeing strategy development

Workshops held with senior leaders to develop a wellbeing strategy to drive your business forward. We would bring together data and an understanding of your processes, policies, values, working environment and your people to provide a SWOT analysis and draft wellbeing strategy for you to embed into your existing business plans.

Leadership Development

Modular training to equip managers with confidence and practical tools to spot signs, hold timely and helpful conversations, lead by example and balance business and team needs. We can use psychometric tools to build further insights into the workshops.

Content creation

Provision of videos, factsheets and resources to share internally

Wellbeing policy development

Or updating of existing H&S policy

Accredited training

Mental Health First Aid and Thrive Neurodiversity training



Vocational Rehabilitation Services

Holistic health assessments providing practical and straightforward recommendations which help you proactively manage disability, health, performance and absence. We use a GDPR compliant and secure platform with access to reports and helpful resources.