



CHR Solutions

Experts in capability-driven transformation



G-Cloud 14 Service Description

Wellness Coaching

About CHR Solutions

A team of experts trusted by government and public sector

CHR Solutions brings together highly recognised digital capability experts from UK government and the public sector offering a wealth of expertise right across our range of services and solutions, and an extensive track record of solving the capability challenge at the heart of large-scale transformation programmes

This depth of experience gives us the confidence and agility to tackle even the most intricate assignments, adapting to evolving needs and delivering optimal outcomes for our clients, acting as critical friends and deploying our programmes and interventions in a flexible and integrated fashion



What we do

As the expert in capability-driven transformation, we deploy a range of integrated bespoke product and services across the full attraction, development and retention capability cycle



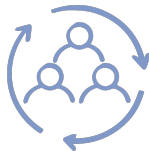
Digital Academy

Leadership Development
Training Programmes
Contextual Coaching



Talent Management

Talent Acquisition
Assessments
Workforce Data



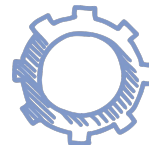
Communities of Practice

Internal Development and Support
Knowledge Sharing
Employee Retention



Communications and CX

Employer Brand
Customer Experience Marketing
Communications & Engagement



Technology Solutions

Technology Strategy
Technology Build
Technology Support



Programme Support

Service Design
User Research
Advisory Services



Our integrated approach

We design and deliver integrated solutions tailored to user needs, from strategy to technology, and cultivate the values and capabilities necessary to create agile organisations that deliver value to citizens now and in the future.



How we add value to our customers

We help public sector organisations attract, nurture, and retain the best talent, while delivering cost-effective solutions that prioritise citizen-focused services

We focus on bridging the skills gap in digital public services by providing responsive and effective skills development, career progression, and digital transformation solutions

Our unique expertise and long-standing experience of capability-driven transformation provides organisations with tailored solutions to address challenges



Wellness Coaching

part of CHR's Digital Academy



Digital Academy

Leadership Development

- Digital Leadership learning opportunities
- Strategy development support
- Leadership coaching

Training Programmes

- Digital Skills Training
- Tailored Learning Paths
- Skills Development for all grades
- Certified Professional training courses

Continuous Improvement

- Assessments and Continuous Improvement
- Integration of learning pathways



Contextual Coaching

- In-situ Digital Skills Coaching
- Tailored support for teams
- Advanced Outcome Focused workshops

Apprenticeships

- Apprenticeship Programme development
- Apprenticeship support
- National guidance



Service definition

Wellness Coaching by CHR Solutions provides holistic support for UK government, local authority, and wider public sector employees.

We offer personal and team coaching to enhance mental, emotional, and physical wellbeing through tailored sessions and workshops.



Features

- Personalised coaching: tailored coaching sessions addressing individual wellness needs
- Team coaching: group coaching sessions fostering collaboration and collective wellness goals
- Comprehensive support: addressing mental, emotional, and physical aspects of wellbeing
- Topics covered: anxiety, confidence, communication skills, stress management, leadership, resilience
- 1-2-1 and team sessions: delivering coaching through individual or group sessions
- Virtual and classroom workshops: providing training and development opportunities
- Wellness for you: personalised coaching to enhance individual wellbeing and fulfilment
- Wellness for you & your people at work: supporting employee wellness within the workplace
- Wellness for future you: empowering individuals to create a fulfilling and sustainable future
- Bespoke services: tailoring sessions and workshops to meet specific organisational needs

Benefits

- Enhanced employee wellbeing: cultivate physical, mental, and emotional health among employees
- Increased productivity: healthier, happier employees leading to improved job performance
- Stress reduction: coping strategies to manage stress and promote work-life balance
- Improved communication: enhance interpersonal skills and workplace relationships
- Confidence boost: overcoming imposter syndrome and building self-assurance
- Leadership development: support for leadership skills and career progression
- Resilience building: equip employees with tools to bounce back from challenges
- Health promotion: advocating healthy lifestyles and behaviours within the workplace
- Work-life balance: balancing professional responsibilities with personal wellbeing
- Holistic wellness approach: addressing all aspects of health and wellbeing for comprehensive support



Selection of our customers

To date a substantial number of UK government departments and public sector organisations have trusted us to solve their capability challenges and maximise opportunities



Government
Digital Service



Health Research
Authority



Homes
England



Scottish
Government
Riaghaltas
na h-Alba



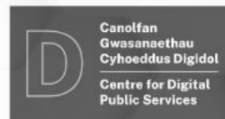
Department for Levelling Up,
Housing & Communities



Birmingham
City Council



Cabinet Office



Maritime &
Coastguard
Agency





Thank you

Contact
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