

Steve Thorp

wellbeing with a difference

Steve Thorp is an accomplished speaker, trainer and workshop leader who offers a genuinely innovative approach to wellbeing and stress management programmes in organisations. With stress management and wellbeing initiatives now high on the agenda, Steve can help you plan and deliver a leading-edge programme for your employees.



what's different?

Steve's specialism is in personal and organisational development – and he brings a deep, practical and strategic psychological awareness to delivery of stress management and wellbeing initiatives.

He has delivered local and national wellbeing programmes, for many years, and has worked at senior level in the employee assistance sector. However, as a counsellor and therapist he has also supported hundreds of individuals in workplace settings. It is this unique combination of skills and experience that gives Steve a real edge in addressing this crucial 21st-century workplace issue.

Steve's eclectic and engaging presentations and workshops are peppered with wisdom and insights from psychology, science, organisational development and the arts. However they are also firmly grounded in the most recent developments in workplace stress management and wellbeing.

Steve's approach is ideal for a keynote at a conference, a series of workplace CPD seminars, personal development workshops or informal evening events. For many years, he has run short and long courses for large organisations – as well as working with hundreds of individuals as a counsellor and therapist.

biography & background

Steve Thorp currently works as a consultant, trainer and counsellor. In the recent past he was Operations Director for a large national charity, and has provided training and consultancy to organisations in the education and voluntary sectors, local authorities and private companies for over 20 years.

These have included Cranfield University, VSO, Marconi Caswell Ltd., Teacher Support Network, Worklife Support Ltd., the National Association of Headteachers, National Union of Teachers, a number of local authorities and numerous schools and colleges.

He has written widely – from education and training books through to poetry and an online 'weblog'. In 2002 he was the co-author of a training and development manual - **Working for Wellbeing** - used in hundreds of organisations across the UK.

Find out more about Steve Thorp's work on his websites:
www.lifescape.me.uk/blog & www.lifescape.org.uk

The recent government **Health, Work, Wellbeing** initiative and the HSE's **Stress Management Standards** have put employee wellbeing at the heart of the workplace agenda. Steve Thorp provides expert training and advice around stress, wellbeing and a wide range of personal and professional development themes. If you are interested in having a discussion with Steve about how he can support your organisation, please contact him as below:

Contact Steve by phone: 07949553029.

Email: info@lifescape.org.uk.

Cranfield University

Recently Steve Thorp has been involved in an innovative programme at Cranfield University. Initially conceived to support the University's stress prevention policy, the project has involved a combination of training programme, survey process and organisational development..

Steve's initial role was to design and deliver stress and wellbeing training to 400 managers, and, subsequently, to a team of **Wellbeing Champions** across the university. In the second phase of work he is supporting senior managers in the implementation of a wellbeing survey process that meets the HSE's Stress Management Standards - but goes much further.

wellbeing in action

As Operations Director at Teacher Support Network, Steve was a central figure in developing the National Well-Being Programme - now operating in hundreds of schools, colleges and education establishments - and Teacher Support Line, which has provided help to thousands of teachers and lecturers by phone and online.

His approach to stress and wellbeing is eclectic and wide-ranging. His training programmes and presentations aim to help organisations get the best for their employees in relation to health, work and wellbeing. He takes a comprehensive, challenging and practical approach to how we can make our workplaces great places to work in, why this matters and how we can keep them that way.