ACTA VERITAS
CONSULTANCY

WORKPLACE / WELLBEING TALK & TOWN HALL

Wellbeing speaking

Resilience. Recovery. Support.

A carefully scoped lived-experience story makes resilience and recovery tangible. It can help colleagues understand gambling harm, reduce silence and make support easier to approach.

DESIGNED FOR THE ROOM

A story with a purpose.

Whole-organisation events, employee wellbeing programmes, people managers and staff networks. Content is agreed for the people in the room, including those who may be directly affected.

POSSIBLE THEMES

- Adversity, resilience and the non-linear work of recovery.
- How gambling harm can affect relationships, finances and wellbeing.
- Listening without stigma and recognising routes to support.

FROM BRIEF TO DELIVERY

Made to fit. Ready to discuss.

01 / THE FORMAT

A short talk or moderated conversation, with optional Q&A. We agree the speaker, duration, level of personal detail and support information with the commissioning organisation.

02 / HOW WE SCOPE IT

We clarify audience, aims, existing wellbeing provision, safeguarding expectations and how follow-up questions will be handled. AVC founders and suitable extended contributors may be considered by brief and availability.

03 / CARE AND BOUNDARIES

The session is education and awareness, not therapy or a clinical intervention. We plan language and support signposting with the employer and avoid putting pressure on individuals to disclose personal experience.

04 / WHAT THE AUDIENCE TAKES FORWARD

A more grounded understanding of resilience and recovery, with a less judgemental conversation and clearer routes to existing support.

Start with the brief.

Tell us the audience, setting, desired emphasis and date. We will agree the speaker, story, format and fee before delivery.

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