STARBUCK™ & Associates

STARBUCK ACADEMY · THRIVE · PROGRAMME BROCHURE

Resilience & Wellbeing Hub

Manage pressure and sustain performance

Practical, ready-to-use tools for leaders, managers and teams to manage pressure, protect energy and sustain performance without burning out. Ten short video lessons, each with a practical tool and workbook.

- 10 video lessons
- A tool and workbook for every lesson
- 5 estimated learning hours
- Certificate of completion
- **CPD accreditation in progress**

£99

per person, per year, VAT included. Annual subscription.

academy.starbuckassociates.com
/courses/resilience-wellbeing-hub/

ABOUT THE HUB

Everyday habits for pressure and recovery

The hub turns the evidence on stress, recovery and resilience into everyday habits people can apply straight away, at their desk or with their team.

Use it for your own development, alongside Leadership at Every Level or the Coaching Hub, or as a toolkit for HR and L&D teams building a wellbeing offer across the organisation.

10	10	Self-paced	5
video lessons	practical tools	learn at your own speed	estimated learning hours

Who it is for

Leaders and managers dealing with sustained pressure, change or growth; HR, People and L&D teams embedding wellbeing into everyday culture; and individuals who want practical resilience tools rather than generic wellness advice.

What you will be able to do

01	Explain the difference between pressure and stress, and recognise your own early warning signs
02	Manage your energy, recovery, sleep and movement so you can sustain demanding work
03	Notice and question unhelpful thinking, and focus on what you can influence
04	Build personal resilience and set healthy boundaries around workload and availability
05	Recognise the signs of burnout and know how to respond, in yourself and others
06	Create a personal wellbeing plan that keeps you well over the long term

THE PROGRAMME

Ten lessons

Each lesson comes with a practical tool, workbook pages and a workplace task, so you can use what you learn straight away. A short knowledge check closes every lesson.

01 Pressure, stress and performance
The pressure performance curve and a daily pressure check.

02 Managing energy, not just time
The four sources of energy and an energy audit.

03 Sleep, movement and recovery
The four recovery experiences, with a recovery planner and tracker.

04 Thinking traps and perspective
Common thinking traps and a thought reframing worksheet.

05 Building personal resilience
Connection, meaning, strengths and flexibility, with a resilience wheel.

06 Boundaries and workload
Prioritising, renegotiating requests and a boundaries planner.

07 Recognising burnout
How burnout builds, the early signs and an early warning checklist.

08 Leading wellbeing in your team
The HSE Management Standards and a team wellbeing check.

09 Supporting someone who is struggling
Starting a supportive conversation, with a conversation guide.

10 Sustaining wellbeing
The Five Ways to Wellbeing and your personal wellbeing plan.

Your membership also includes the Imposter Syndrome Masterclass, available on its own for £29.

WHAT YOU GET

What is included

- Ten short video lessons of about two and a half minutes each
- Key ideas, a workplace task, a practical tool and a workbook for every lesson
- The full learner workbook and toolkit
- A five-question knowledge check per lesson
- The Imposter Syndrome Masterclass at no extra cost
- A certificate of completion showing 5 estimated learning hours, and 12 months' access

Learning time and certificate

About 5 hours, self-paced across ten short lessons. Complete all ten lessons and pass each knowledge check to download a Starbuck Academy certificate of completion.

Who designed it

Designed by ICF credentialed coaches at Starbuck & Associates, led by Paul Starbuck, our Founder and CEO and an ICF Master Certified Coach (MCC). Every lesson draws on our coaching and leadership development work with organisations in the UK, Europe and internationally.

For teams and organisations

Buying for a group? We can set this up for your whole team, on its own or as part of a wider academy for your organisation. Email academy@starbuckassociates.com and we will put a proposal together.

ENROL TODAY

£99 per person, per year inc. VAT

Enrol online and start straight away. Every programme carries our 14 day money back guarantee.

academy.starbuckassociates.com/courses/resilience-wellbeing-hub/

ICF Level 1 and Level 2 Accredited Coaching Education Provider

Certified B Corporation

ISO 9001 and ISO/IEC 27001 certified

General learning and development content, not professional advice, and not a regulated qualification. © 2026 Starbuck & Associates Limited.