MyTappyPlace

Business case: staff wellbeing workshop

A fill-in template for managers who want to bring an EFT tapping workshop to their team.

How to use this template. Type into the boxes, or print it and write by hand. Sections 3, 5 and 7 are already filled in for you. Share it with your budget holder alongside the standards map and the wellbeing and safety plan, both free at mytappyplace.co.uk/resources.

1 The need

What pressures is your team under right now? You might mention caseloads, vicarious trauma, sickness absence, turnover, a recent serious incident or feedback from supervision.

2 What I'm proposing

Tick one format.

- ☐ **Taster** — 90 minutes · from £450
- ☐ **Half-day** — 3 hours · from £850
- ☐ **Full-day** — 6 hours · from £1,500
- ☐ **Bespoke** — Several sessions · on request

Team or service

Number of staff

Online or in person

Preferred date or month

3 What's included

- A hands-on, trauma-informed EFT tapping workshop delivered by a qualified social worker and certified EFT practitioner
- Five tapping sessions tailored to the team, as aftercare
- Time-limited access to the full MyTappyPlace app for every participant
- A CPD reflection template mapped to Social Work England standards

4 Expected benefits

Tapping gives staff a practical way to settle their nervous system between visits or before a hard conversation. Regulated practitioners are better placed to:

- make sound decisions under pressure and weigh more than one explanation
- stay relational with families when conversations get difficult
- prepare steadily for court, child protection conferences and other high-stakes moments
- stay well over time, which can help with burnout and sickness absence

What would success look like for your team?

Susana Carr, founder of MyTappyPlace
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5 Links to professional standards

The workshop supports standards your practitioners are already held to:

- Social Work England professional standards, including reflection, holding different explanations in mind and recognising bias
- The Professional Capabilities Framework (PCF)
- The Knowledge and Skills Statement for child and family practitioners (KSS)
- The BASW Code of Ethics, which expects employers to provide appropriate professional supervision

The one-page standards map shows each workshop outcome against these frameworks.

6 Cost and value

Workshop cost (from quote)

Cost per participant

Budget line or funding source

Value to the service

For example, current sickness absence or agency cover costs in the team, retention concerns, or how this fits your workforce or wellbeing strategy.

7 Safety and wellbeing

- Workshops are trauma-informed. Participants tap on something manageable and never share what they tap on
- A named wellbeing contact is agreed with the organisation beforehand
- Participation is voluntary, with cameras off and breaks welcome at any time
- Support details are shared at the end, and the full wellbeing and safety plan is available

Named wellbeing contact for the workshop

8 How we'll measure impact

Every workshop includes a participant feedback form and before-and-after intensity ratings. You may also want to track supervision feedback, team check-ins or absence over the following months.

9 Recommendation and sign-off

Requested by

Role

Date

Approved by

Role

Date