MyTappyPlace

EFT tapping workshops: supporting staff wellbeing at work

A one-page guide for charities, voluntary sector and frontline organisations.

Staff in frontline services carry other people's distress every day. The Health and Safety Executive states that **employers have a legal duty to protect employees from stress at work by doing a risk assessment and acting on it.** MyTappyPlace workshops give teams a practical, body-based way to manage the pressure of emotionally demanding work, as one part of that response.

WORKSHOP OUTCOME	HSE MANAGEMENT STANDARDS AREA	HOW IT SUPPORTS YOUR ORGANISATION
Recognising stress responses and early warning signs	**Support** Helping staff and managers notice strain early and talk about it	Strain is spotted and addressed before it turns into sickness absence or burnout
Practical regulation tools for high-pressure moments	**Demands** Managing the effects of emotionally intense work **Control** Giving staff tools they can use themselves, when they need them	Staff have something practical to use between calls, visits and meetings, without needing extra time or equipment
Staying calm and present in difficult conversations	**Relationships** Responding steadily to distress, anger or hostility	More grounded conversations with the people you support, even when things are tense
Recovering after distressing work, including vicarious trauma	**Demands** Recognising the cumulative impact of exposure to trauma **Support** Shared ways to debrief and settle	Staff recover between demanding pieces of work, which can help with retention
Building a team culture of regulation and peer support	**Support** Peer and team support **Relationships** A shared language for stress	Wellbeing becomes part of everyday team life, with less reliance on individual coping
Supporting managers and supervisors	**Support** Managerial support **Change** Steadier leadership through periods of change	Managers have tools for themselves and their teams, and model regulation from the top

ISO 45003

ISO 45003 is the first international standard giving practical guidance on managing psychological health and safety at work. It sets out how organisations can recognise psychosocial hazards and manage psychosocial risk, as part of their wider health and safety approach. Practical wellbeing training for staff can sit alongside this as one of the actions an organisation takes.

What every workshop includes

- Hands-on EFT tapping practice on real work pressures, delivered by a qualified social worker with over fifteen years of frontline experience
- A reflection template that staff can use in supervision or for their CPD records
- Aftercare: five EFT sessions tailored to your team, plus time-limited access to the full MyTappyPlace app

From a 90-minute taster to a full-day programme, online or in person, with bespoke options on request. **Packages from £450.**

Sources: Health and Safety Executive, What are the Management Standards? (hse.gov.uk) · BSI, ISO 45003: Psychological health and safety at work (bsigroup.com)

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