

Resilient Leadership and Wellbeing Workshops for KPMG



KPMG UK has been partnering with MindForward Alliance to design and deliver interactive Resilient Leadership and Wellbeing Workshops for partners.

The ultimate objective is to create healthier, more sustainable team cultures and working environments where people can thrive and perform at their best. Three workshops have been delivered to 60 partners in London and Manchester.

The interactive courses focus on equipping leaders to:

- Understand, protect, and strengthen their own mental wellbeing and resilience
- Build the confidence and practical skills to support colleagues or direct reports when they are struggling
- Lead with intention to create psychological safety across their teams and the wider firm

Feedback from participants has been very positive.

96.6% Said they were given confidence and skills for having open and appropriate conversations about wellbeing

89.7% Said it developed their understanding of the foundations of a mentally healthy workplace

96.6% Said it gave them ideas of how to support their team when facing challenges

89.7% Said they gained confidence to look after their own mental health and wellbeing

“I attended a fantastic and engaging workshop in London. The content was highly relevant to the challenges we face as leaders every week, both personally and within our teams. Everyone in the room came away with practical, actionable advice, and Jaan delivered the training with clarity. I highly recommend.”

Pete Rodgers, Deputy General Counsel, KPMG International

“Initiating a conversation about mental health with a peer or team member can feel tricky – you want to do it in the right way. Hearing some expert advice, learning about practical tools and then talking through scenarios with some partner colleagues at these partner workshops was invaluable,”

Anna Purchas, London Office Senior Partner, KPMG UK

“MindForward Alliance delivered resilience and mental wellbeing workshops for partners in the Manchester area. The session offered valuable insights, practical tools, and opportunities for reflection to help the team deepen their understanding of this important topic. I know that some partners were a little skeptical about whether they had the time to spend doing this, but afterwards they said they hadn't realised how much they had needed this session to shine a light on their own mental wellbeing, as well as that of their team,”

Chris Stott, Manchester Office Senior Partner, KPMG UK