

Why Wellbeing?

- By 2020 almost half of Britons will get cancer in their lifetime
- 3 in 5 employees will experience significant stress and anxiety in the next 12 months
- Ageing UK population will rely on older employees to work longer
- The biggest killer of men under 45 in the UK is suicide
- By 2020, 65% of women and 70% of men will be overweight or obese

UK GOV

On average businesses lose £1,000 per employee per year due to employee mental or physical health issues



A woman with long blonde hair, wearing a denim jacket, is sitting at a wooden desk. She is looking at a laptop screen and has her hand on the trackpad. The background is slightly blurred, showing a desk with a mug and some papers. The lighting is warm and natural, suggesting an indoor setting with windows.

- 60% of waking hours people spend at work.

- What people eat, how often they exercises and how stressed they feel at work has an influence on their health and performance.

- Work is Life

For every £1 you invest in employee wellbeing you will get up to £35 back in return on saved absence and presenteeism costs.

You will also make a difference to the future of your people.

We connect your employees with recognised wellness experts



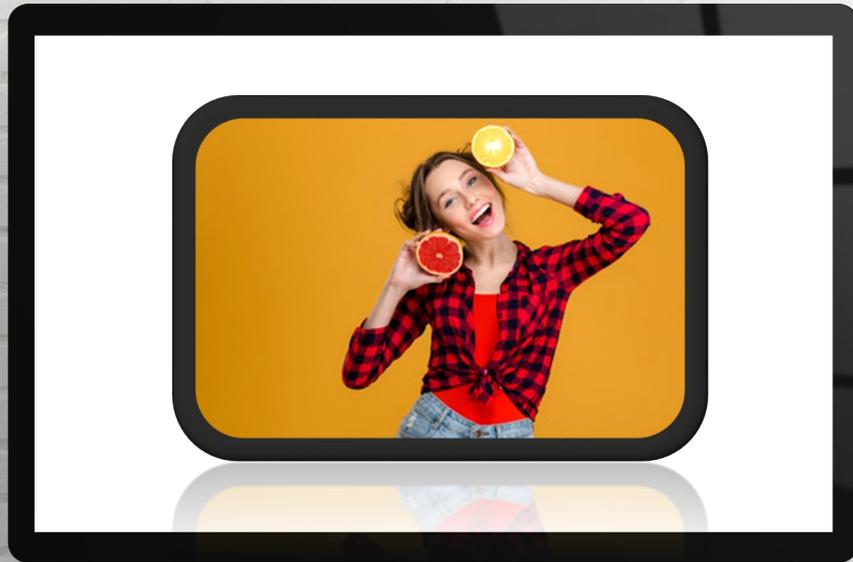
Interactive Educational Wellbeing Programmes delivered to your staff



We connect them via

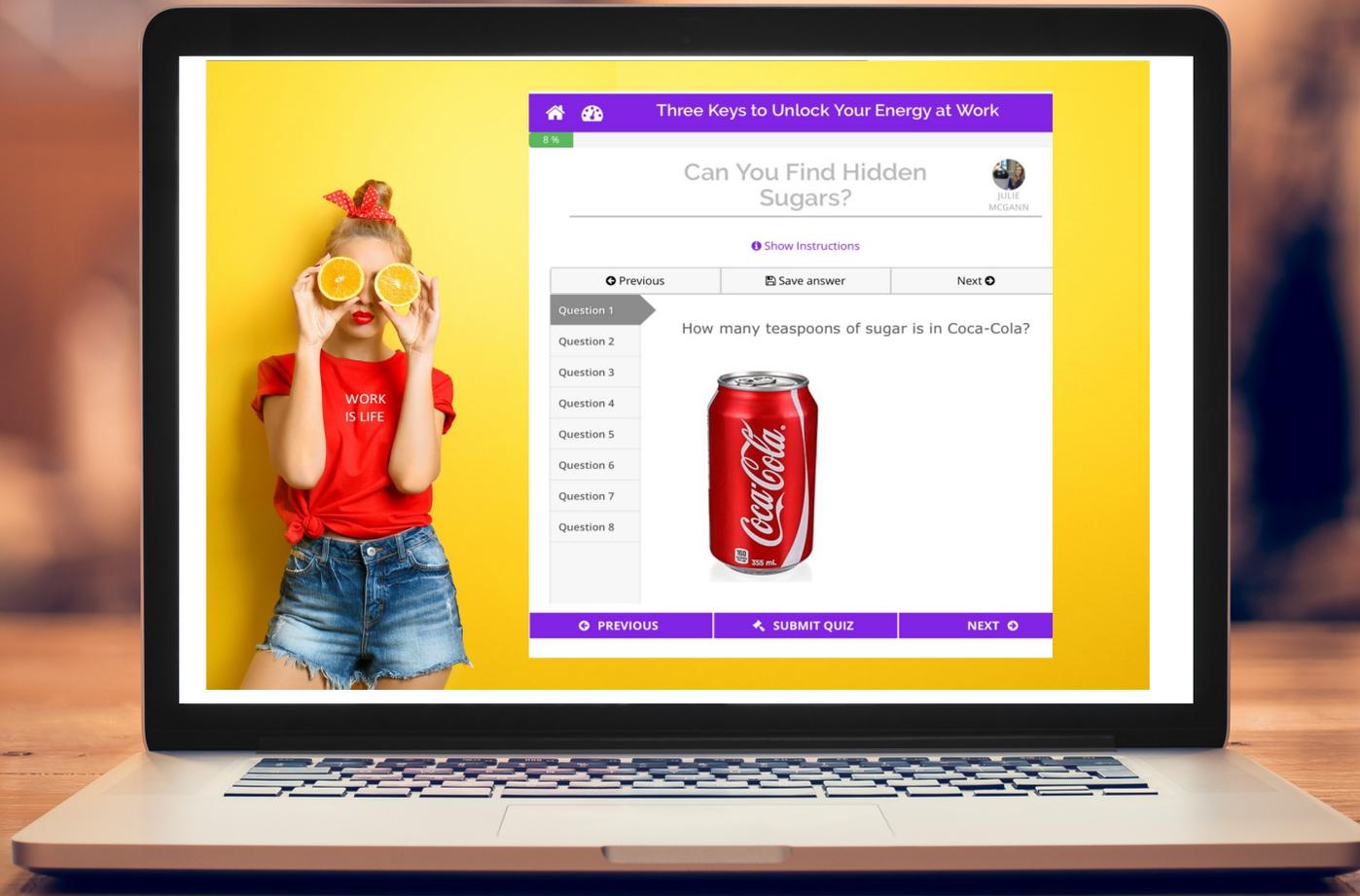
Interactive Monthly Wellness Webinars

2018 Webinar Topics



They connect when taking part in

Monthly Online Challenges, E-courses and Competitions

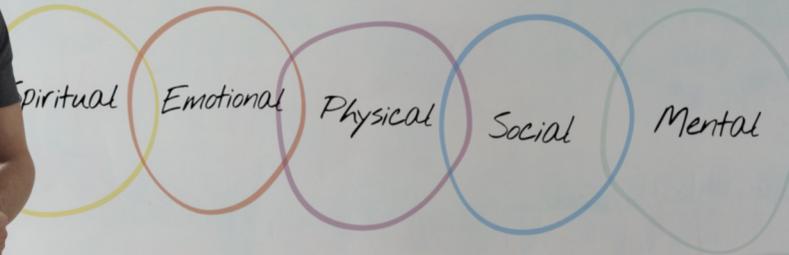


We connect them by organising

Face-to-face Wellness Events



Dimensions of wellbeing





What stops you from taking action now?

BEGIN WITH SIMPLE STEPS

Making a difference does not have to be complicated.

We are here to assist you with our knowledge and expertise.

Contact us for more information or request a demo.

“Your organisation around the day and professionalism was excellent “



“People seemed to really enjoy your sessions which is great news”



“Just to say thanks for setting this webcast up as I found it really insightful and thought provoking. I would say that for me building mental strength is absolutely essential.”



“Your session was brilliant and really gave the teams something to think about”



“I thought the course content was educational and practical, well presented, very good takeaways”

