

Bespoke Healthfull Wellness program

- ◆ Review of your management feedback and staff survey. Survey can be conducted on your behalf
- ◆ Creation of a strategy that will deliver results based on your company's goals
- ◆ Recommendations will keep your business objectives in mind while delivering on your employee feedback
- ◆ Employees actively participate in your program
- ◆ 3 phase wellbeing approach to ensure success i.e. company, team and individuals
- ◆ A win-win strategy based on you and your employees identified needs



Healthfullives

Lead by example program

- ◆ One to one work with senior managers to instill healthy lifestyles and habits
- ◆ Has a positive effect on management outlook and therefore on the rest of the organisation
- ◆ Changing individuals ownership of health and wellbeing automatically infiltrates into the rest of the organisation
- ◆ This program is sponsored by the organisation but is a confidential partnership between the executive and Healthfullives
- ◆ Private Health consultations done with each program participant and goals set based on individual needs
- ◆ A healthy outlook is contagious - why wait to catch it from someone else

Healthfull Maintenance program

- ◆ Supports wellbeing initiatives already in place or in need of refresh / update (e.g. new staff)
- ◆ Extra support around initiatives raised within company's goals and/or employees interest. e.g. how certain foods affect mental focus or why limiting screen time is good
- ◆ Run via Workshop or Lunch & Learn format
- ◆ Training for executives and HR teams on wellbeing initiatives based on your concerns e.g. change management restructures, workload management

Healthfullives

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Healthful lives

"All the glory begin"
comes from Darling
to Churchill



Corporate Wellness Programs

You know your employees are your biggest asset, that's why you are here. Corporate wellness can be daunting and that's where we help.

Healthfullives will support the journey beyond just physical and mental health to consider the individual dynamics through to the team and organisations needs

Return on Investment

Absenteeism or ill health costs on average £1100+ per employee per year plus the cost of lower productivity. Company investments are repaid through:

- ◆ healthier happier employees
- ◆ increased productivity and engagement
- ◆ reduced absence / sick days
- ◆ stress management
- ◆ reduced employee turnover
- ◆ lower health care costs

Imagine if you could provide your employees with an ally at work, where they spend the majority of their day, that will support them in staying accountable to the steps they are taking to change habits in their health and wellbeing

Contact us now for a free consultation

What are you waiting for?