

# People Strategy

## Improve Employee Health & Resilience



### Wellbeing development training programme

#### A Healthy Workforce is the Key to a Healthy Company

137 million working days+ are lost due to sickness costing an estimated £18 billion+. The top reasons for absenteeism are: coughs and colds; musculoskeletal issues and stress, anxiety and depression. Stress related and mental health issues being the top reason for long term absence, this being an increasing issue. Improving the health and wellbeing of your people is a key requirement to driving a successful business.

The link between good health and productivity is increasingly recognised and is a major factor in success. By educating employees on health and wellbeing strategies, we can help you to gain the competitive edge as your people improve their energy, productivity and overall wellbeing. Our wellbeing programmes deliver educational, fun and interactive sessions that are empowering and revealing. Key benefits:

- Build stress resilience strategies to improve health and reduce absenteeism and lost time
- Increase productivity, performance and create a positive work environment
- Attract the best employees and improve staff retention due to the positive environment
- Reduce presenteeism, a big threat to productivity and organisational morale

#### We will tailor sessions to your needs but some examples are as follows:



All Day Energy - Food choices and timings have a huge impact on energy. Learn how to boost energy levels, increase focus, concentration and productivity along with improvements in mood and mental health. Half or full day.



Stress Resilience - Coping strategies, eating for improved mood and immune boosting and why stress management is imperative for physical and mental health and wellbeing. Half or full day.



Eat Yourself Young - Anti-ageing strategies to maintain energy, mental cognition, performance and appearance. How to avoid chronic illness as we age. Half or full day.



Weight Balance and Diabetes Prevention - Epidemic levels and growing. Associated with a wide range of health related issues. How to eat to reduce and prevent excess weight and insulin resistance. Half or full day.



Happy Hormones - Learn how to balance hormones to eliminate symptoms associated with menopause and PMT. Half day.

We would very much welcome the opportunity to discuss how our bespoke health and wellbeing training programmes, tailored to the needs of your business, can help to transform your organisation. Our wellbeing programmes are practical, unique and enjoyable – designed to bring about genuine positive change.

**A business is nothing without its people – let us work with you in enabling your talent to reach their full potential.**

#### Contact Us:



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