

People strategy:

Improve employee health and resilience

Wellbeing development training programme

A healthy workforce is the key to a healthy company.

Over 137 million working days are lost to sickness each year, at an estimated cost of more than £18 billion. The most common reasons for absence are coughs and colds, musculoskeletal issues and stress, anxiety and depression. Stress and mental health issues are the leading causes of long-term absence and remain an increasing concern. Improving the health and wellbeing of your people is a key requirement to driving a successful business forward.

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 wellbeing and reduce absenteeism and lost working 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 our sessions to your needs, and 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 support, and an understanding of 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, as well as how to avoid chronic illness as we age.
Half or full day.
- **Weight Balance and Diabetes Prevention**
Obesity levels are at epidemic proportions and continue to rise, with excess weight linked to a wide range of health-related issues. Learn how to eat to reduce excess weight and help prevent 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 and are designed to bring about genuine, positive change.

A business is nothing without its people. Let us work with you to enable your talent to reach their full potential.

Contact Us



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