



# Improve Workforce Wellbeing — Optimise Productivity

Research shows that stress, anxiety and inactivity are at an all time high, dramatically impacting our mental health and physical wellbeing. This will not improve until a strategic and preventative approach is put in place.

To achieve optimum health and wellbeing for your workforce, this requires a constant, dedicated approach. Health is a continuum. By putting the necessary preventative measures in place, we have seen first-hand how small changes over a given period of time can have a huge impact. That's why we believe in helping individuals make realistic and sustainable wellness goals.

We believe that our minds and bodies are intrinsically linked and both need equal attention in order for us to thrive. This philosophy is something that is at the heart of all of our services. To put this more simply:

WELL MIND + WELL BODY = WELL BEING

The latest estimates from the Labour Force Survey (2016) show that in Great Britain:

**8.8** million working days lost due to Work-Related Musculoskeletal Disorders

**16** average days lost per year per case

Our 4 core programmes have been meticulously crafted to ensure that the common workplace issues are addressed across our two core categories of Well Mind and Well Body. We also provide Add-ons for a more tailored approach.



## OUR PROGRAMMES

Delivered over several months in a Lunch and Learn format, our programmes will engage, educate and inspire your employees to prioritise their mental health and physical wellbeing. Each course comprises of 4 separate sessions.

### WELL MIND

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#### 01 MIND MATTERS

Our Mind Matters programme looks at common mental health problems such as stress, anxiety and depression and will cover how to identify these issues, managing stress, building resilience and sleep, rest and relaxation.

#### 02 UNLOCKING POTENTIAL

Our Unlocking Potential programme is designed to give your employees the tools they need to perform at their best and realise their potential. This programme looks at personal development, time management, confidence and communication.

### WELL BODY

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#### 03 FUEL

Energy slumps, digestive issues and poor immunity can all lead to a decrease in productivity. As our daily habits inform how we will feel in the long-term, our Fuel programme aims to educate, empower and equip all employees with the necessary tools and techniques so they can feel well, energetic and alert.

#### 04 POSTURE & MOVEMENT

Our Form programme looks at posture and performance, the importance of regular movement, at your desk stretch routines and how to develop an active lifestyle to avoid long term Musculoskeletal problems.

## OUR ADD-ONS

In addition to our core courses we can also provide services that enhance the core teaching for a more bespoke service. These Add-ons include Financial Well-being, Addressing Carer Obligations, One to One Nutrition Consultations and Spinal Health Checks.

## OUR EXPERTS

Well Aware's health and wellbeing experts not only have the qualifications and experience to deliver our programmes, but they also share the same Well Aware passion and professionalism. In order to guarantee this, Well Aware vets all its experts in both their knowledge and ability to engage with your employees.