



Transforming Wellbeing, Confidence & Workplace Resilience

Corporate Wellbeing Programmes designed for
meaningful and measurable impact.

Employee Wellbeing is No Longer a Luxury

In today's fast-paced working environment, supporting your team is essential for engagement, retention, productivity, and sustainable performance

Fast-paced working
environments

Stress

Burnout



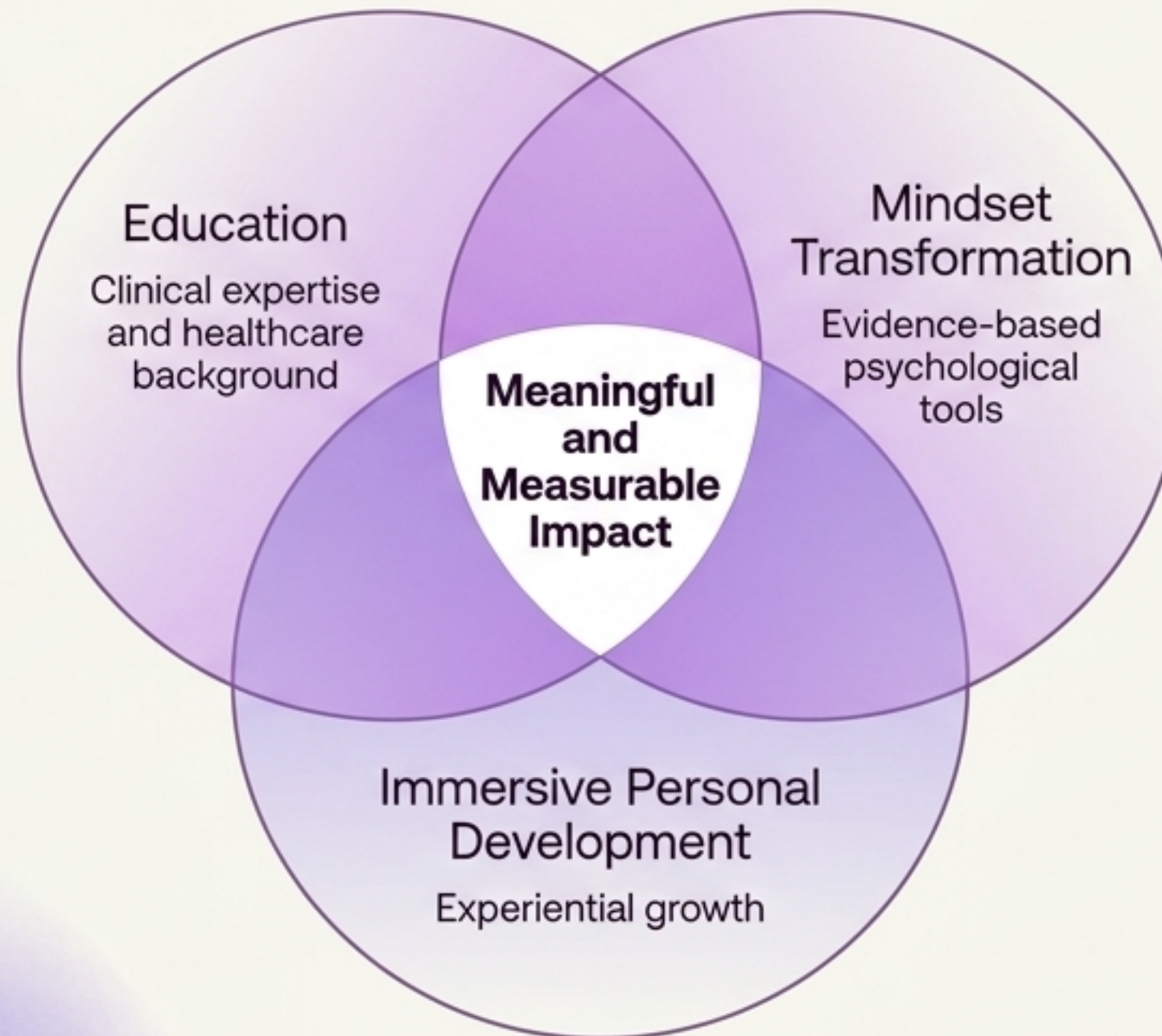
Sustainable performance

Engagement & Retention

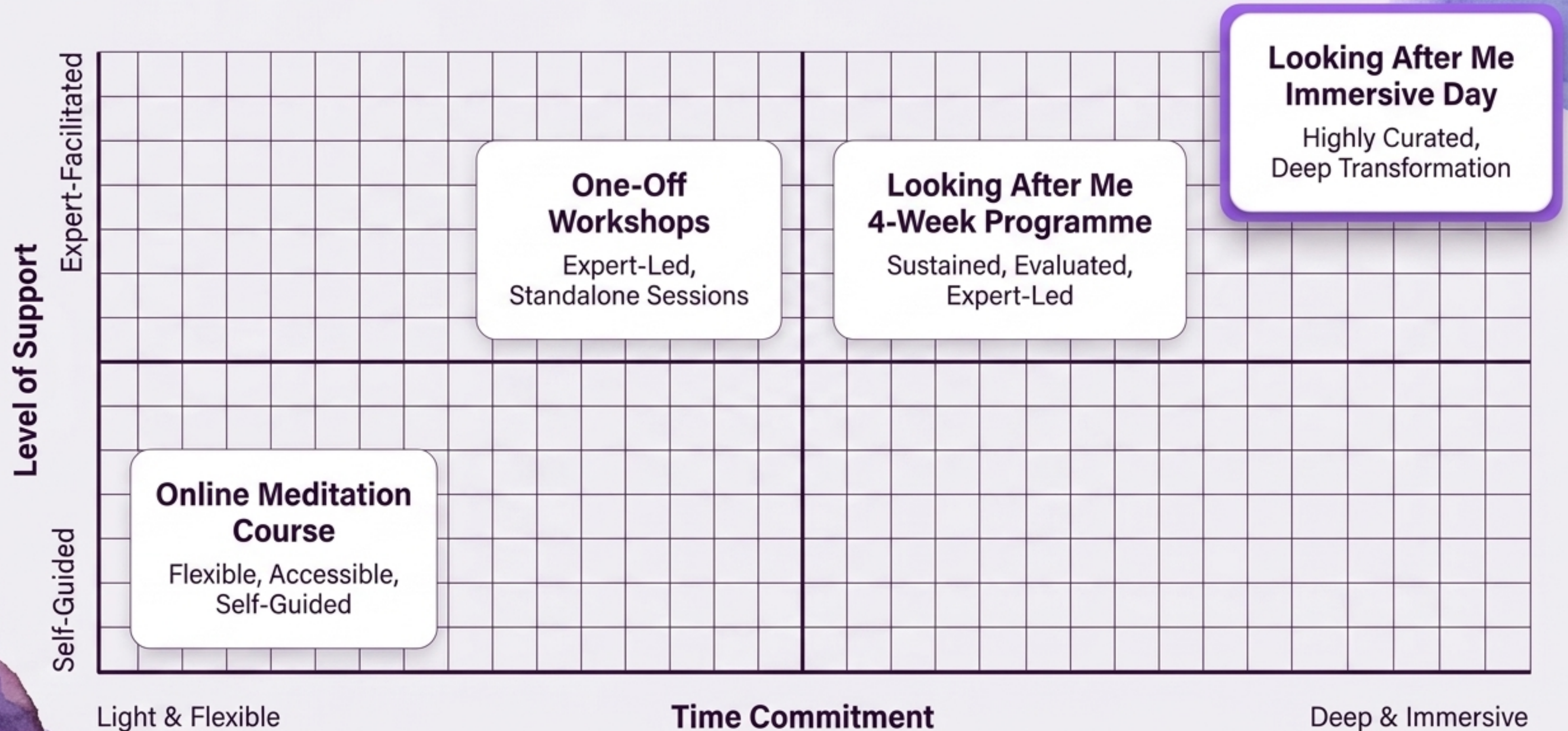
Productivity

Practical, Evidence-Based, and Transformational Experiences

Led by a healthcare and wellbeing professional, our sessions move beyond surface-level wellness to create meaningful and measurable impact.



The Wellbeing Intervention Matrix



Targeted Interventions for Modern Workplace Challenges



Menopause & Perimenopause in the Workplace

- Understanding symptoms and management
- The impact on confidence and performance
- What employers can do to create supportive workplaces
- Transforming mindset and reducing stigma



Stress & Wellbeing

- Managing stress and overwhelm
- Building resilience and emotional wellbeing
- Confidence and mindset techniques
- Self-care strategies for busy professionals

The Core Engine: The Looking After Me Philosophy

An introduction to the principles behind the NHS-developed wellbeing programme, designed to help individuals reconnect with themselves, improve self-confidence, and prioritise wellbeing in everyday life.

Reconnect

Build Confidence

Looking After Me

Prioritise Wellbeing

A structured, four-week pathway to sustained resilience

Originally developed for the NHS, this transformational course is ideal for organisations seeking a deeper and more sustainable wellbeing intervention for their teams.



The Immersive Experience: Pause, Reconnect, and Refocus

A thoughtfully curated wellbeing experience designed for leadership retreats, wellbeing days, women's development programmes, and organisational culture initiatives.

Pause
Reflections and
inspiration from the
core programme.

Pause
Reflections and
from the core
programme.

Clarity

Clarity

Guided vision board creation
to align personal and
professional goals.

Action

A symbolic glass walk
experience designed to
encourage courage, trust,
and stepping forward with
intention.

Action

Resilience

Resilience

Empowering exercises
to build self-awareness
and confidence.

Scalable Support: The Online Meditation Course

Flexible, accessible sessions that easily fit around busy lifestyles and working environments. Suitable for all experience levels.



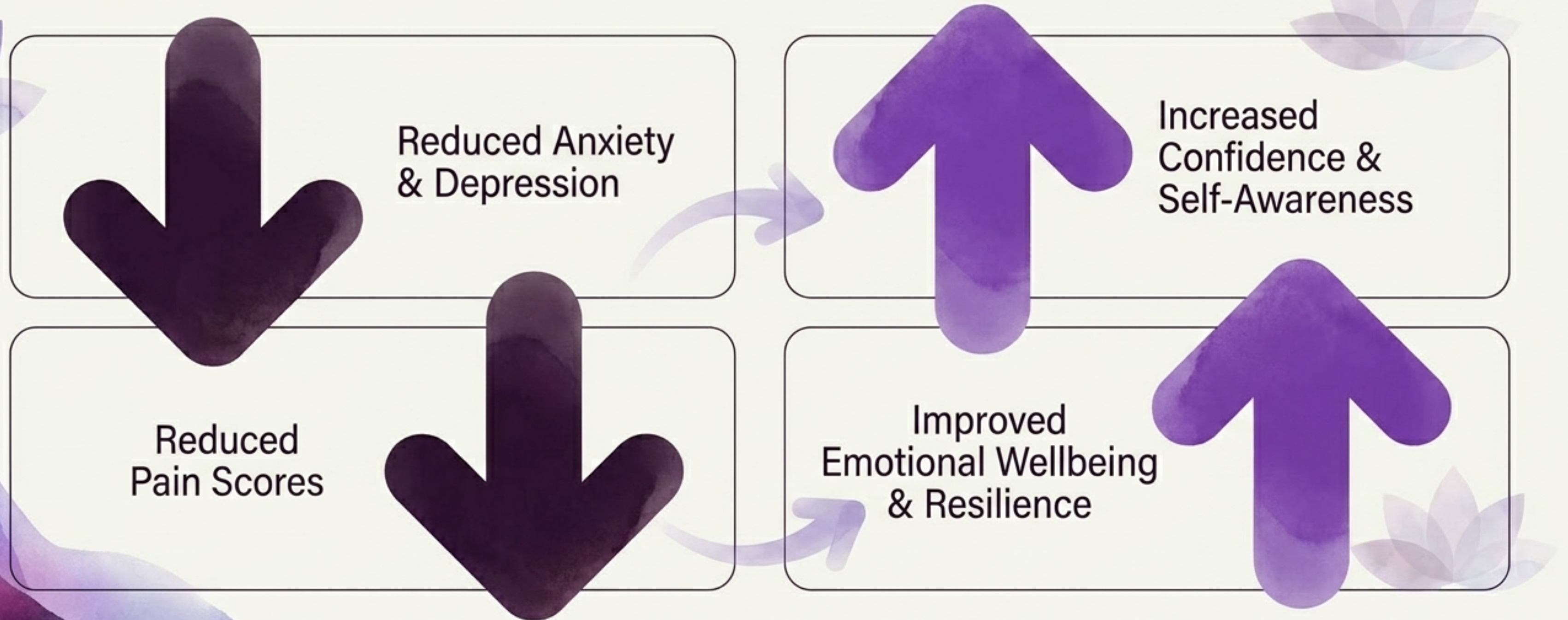
1. Reduce stress and calm the mind.

2. Improve focus and emotional balance.

3. Build daily resilience with practical techniques.

Proven Outcomes: Measuring the Return on Wellbeing

Evaluation results consistently demonstrate measurable improvements across all participant wellbeing scores.



A Comprehensive Partnership Model

We deliver measurable impact through expert-led facilitation, personalised content, and meaningful employee engagement.

✓	Expert-facilitated wellbeing sessions
✓	Customised content tailored to your organisation
✓	Comprehensive preparation and consultation
✓	Professional delivery and engagement
✓	Pre- and post-programme evaluation options
✓	Clear focus on measurable return on investment



Let's Create Healthier, More Resilient Workplaces.

Schedule a wellbeing
consultation