



WORKPLACE WELLNESS

BUILD A HEALTHIER AND MORE PRODUCTIVE TEAM

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CORPORATE HEALTH MATTERS

Improving and maintaining the wellbeing of staff is a win-win for employees and employers. Research shows that workplace absence is costing the UK economy £18billion in lost productivity each year.

This costs UK business £554 per employee per year due to staff absence.

Musculoskeletal problems such as back and neck pain and mental health issues such as depression and anxiety are estimated to result in 46.6 million days being lost in the UK per year according to office of national statistics.

Improving staff wellness helps keep employees, happy, healthy and productive, which in turn can save your business money and time.

CORPORATE WELLNESS :

- Attract and retain the best talent
- Ensure staff feel happy and valued
- Build a healthy and productive company
- Empower staff to make informed wellbeing choices
- A positive approach to reduce absence
- Don't wait until absence to offer a helping hand**



SERVICES

WORKSHOPS & SEMINARS

Educational Workshops and seminars designed to target issues within health and wellbeing within your organisation and business. Empowering staff to make better decisions on their wellbeing within the workplace. Workshops and seminars can be delivered to small teams or groups as well as larger conferences. More information on page 4.

HEALTH ASSESSMENTS

Health Assessments are a simple and quick way to assess staff health. The assessments we offer, are used to help understand which employees are at greater risk of developing health issues and therefore may require a further support, help and advice to positively impact their wellbeing. More information on page 5.

GROUP EXERCISE

Either come to our studio or we come to you. Offering a range of fitness sessions with something for everyone. The best seller is Box-Fit session followed by a Yoga-Flex session. This can help employees destress during the day and remain productive. More information on page 6.

TEAM BUILDING

Get your team collaborating in different ways and build team cohesion. We have fun and thought-provoking team building activities that seek to build team trust, communication and cohesion.

BESPOKE PACKAGES

We will listen to what your company and employees are looking to achieve, offer advice and information on what services and packages will meet your goals.



BUSINESS PRODUCTIVITY

- A more productive team
- Less staff absence



CREATED FOR YOU

- Bespoke seminars and packages
- Advice and information, you need.



EMPLOYEE ACCOUNTABILITY

- Empower Staff
- Educational
- Practical Advice



WORKSHOPS & SEMINARS

Educational Workshops and seminars designed to target issues within health and wellbeing within your organisation and business. Empowering staff to make better decisions on their wellbeing within the workplace. Workshops and seminars can be delivered to small teams or groups as well as larger conferences

A RANGE OF SEMINARS

We offer a range of seminars and courses designed to each companies and employees needs and wants based on current evidence-based research.

- Physical and Mental Health and Wellbeing Course
- Nutrition and Weight Management Course
- Posture Problems Seminar
- Health and Nutrition Seminar
- Health and Exercise Seminar
- Stress Success Seminar
- Sleep Success Seminar
- Food and Mood Seminar

We have delivered workshops and seminars to both small teams and large corporate events with a range of options to suit the company and their employees. Prices are based on numbers of employees delivered to, duration of session and overall package size. Please contact us today to get a quote for your company and team.



BUSINESS PRODUCTIVITY

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CREATED FOR YOU

- Bespoke assessments
- Advice and information, you need.



EMPLOYEE ACCOUNTABILITY

- Empower Staff
- Educational
- Practical Advice



HEALTH ASSESSMENTS

Health Assessments are simple and quick way to assess staff health. The assessments we offer, are used to help understand which employees are at greater risk of developing health issues and therefore may require a further support, help and advice to positively impact their wellbeing.

During the assessments we will give each staff employee clear and concise information based on their assessments results along with helpful and practical advice on how to improve or maintain.

Early intervention and empowering the individuals to make better lifestyle choices can boost staff health and productivity at work.

A RANGE OF ASSESSMENTS

We offer a range of assessments designed to each companies and employees needs and wants based on current evidence-based research.

- A full health and posture assessment
- Health assessment
- Posture assessments
- Blood Pressure assessments
- Body Fat % assessments
- Hip to waist ratio assessments

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GROUP EXERCISE



Group exercise can reduce stress during the working day. Keeping your team productive and happy.

A great way to de stress, get fitter and build team cohesion during the working day. Keeping your team productive and happy.

We can even tie these sessions in with the health assessments. You can posture assess your team; with the results we can identify who would benefit from posture improvement training and design the session around that group and team to improve their posture and their health at a desk or stationary position.

Either we come to you or you come to us, we can offer a range of group exercise sessions to help build and healthier, happier and more productive team.

A RANGE OF GROUP SESSIONS

We offer a range of fitness designed to maximize fun, engagement and ensure your employees and happy and recharged.

- Box Fit
- Yoga Flex
- HIIT
- Posture Power
- Core
- Combat
- Spinning

Some classes are dependent on numbers, location and timings. Please speak to us to see how we can best meet your needs.

TEAM BUILDING

Get your team collaborating in different ways and build team cohesion. We have fun and thought-provoking team building activities that took to build team trust, communication and cohesion.

We design and select appropriate team building activities your team will benefit from. To do this affectively we need to understand your needs as a company, your employees needs and dynamics such as team sizes and job roles.

We have numerous team-building activities that build different components of teamwork, including:

- Communication
- Trust
- Collaboration
- Active Listening
- Confidence
- Patience
- Support
- Problem Solving.

If you feel you are lacking in an area or would generally like to have some fun with your team that will bring people together, we can design the right package for you.



**Fun and
thought-
provoking
team building
activities.**



Photo by iStockphoto.com/Andrius Kucenas



BESPOKE PACKAGES

We will sit down with you, listen to what your company and employees are looking at achieve, offer advice and information on what services and packages will meet your needs.

After the initial conversation with your company we will put together three package proposals that will break down services, timings and prices in a clear and concise manner.

Weekly, monthly, quarterly or one-off visits, themed months such as 'Health Assessment months. After a brief consultation and chat we can design you different packages based on what your looking to achieve, the numbers of employees and teams you have and how much the timeframe you are working with.

It all starts with a quick conversation with us.





CONTACT US

To get a unique and bespoke workplace wellness package designed for you, your organisation and your employees. Simply contact us so we can discuss what you're looking for and how we can help and support your staff.

After an initial conversation we can build you a unique package based around the needs of your organisation and employees along with a quote for the services

CORPORATE WELLNESS:

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