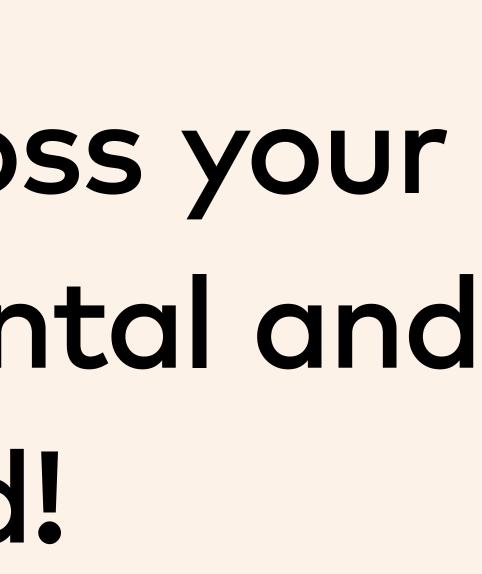


# Wellbeind toryour Workforce

Imagine the impact across your organisation if staff mental and physical health improved!







# Without health there is no wealth

Staff wellbeing has never been more important to help motivate and retain staff, support hybrid working, as well as reducing staff sickness costs.

An ageing workforce, the continuing rise in chronic diseases and the expectation from health conscious employees for company-sponsored programs means a wellbeing strategy is no longer a luxury. It can also support the NHS at a time of growing waiting lists and overwhelm.



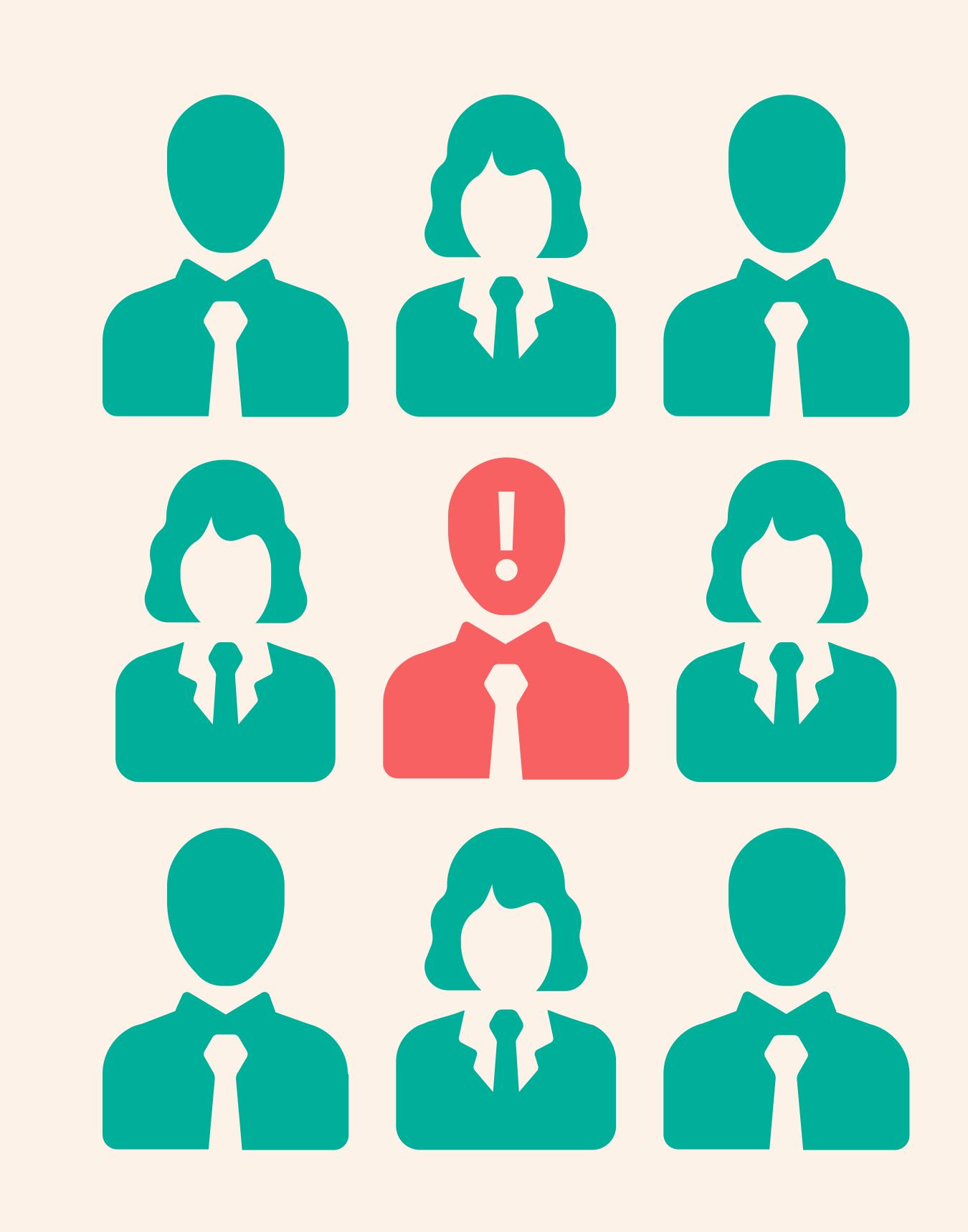
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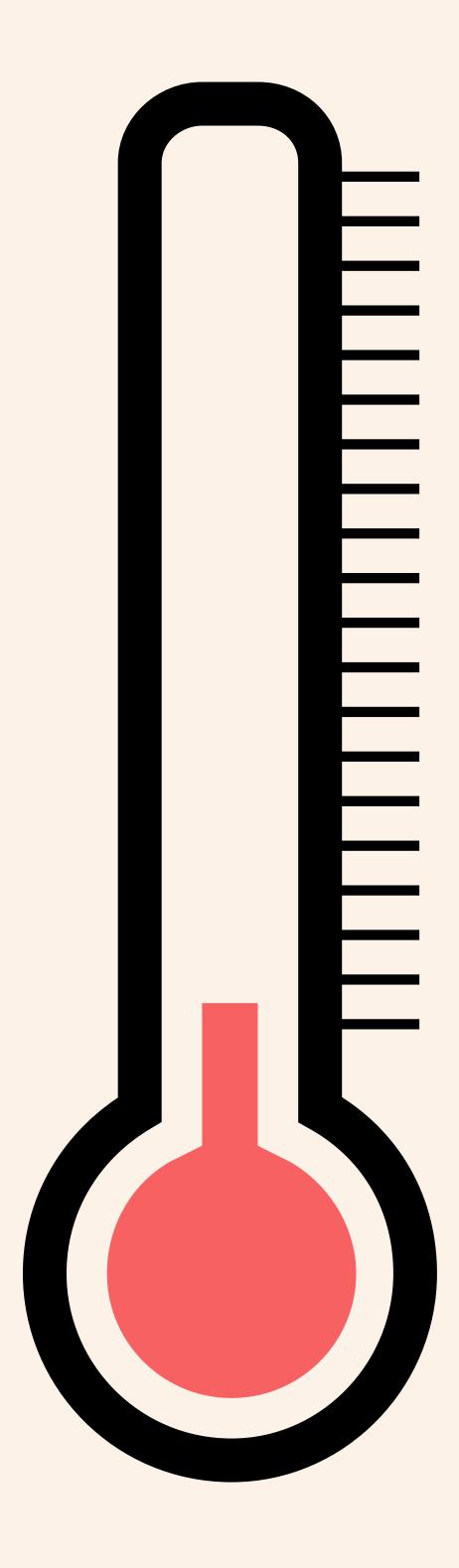
The average cost to replace a member of staff. ACAS

## Over £100bn per year is lost

in the UK economy due to staff sickness.

Institute of Employment Studies

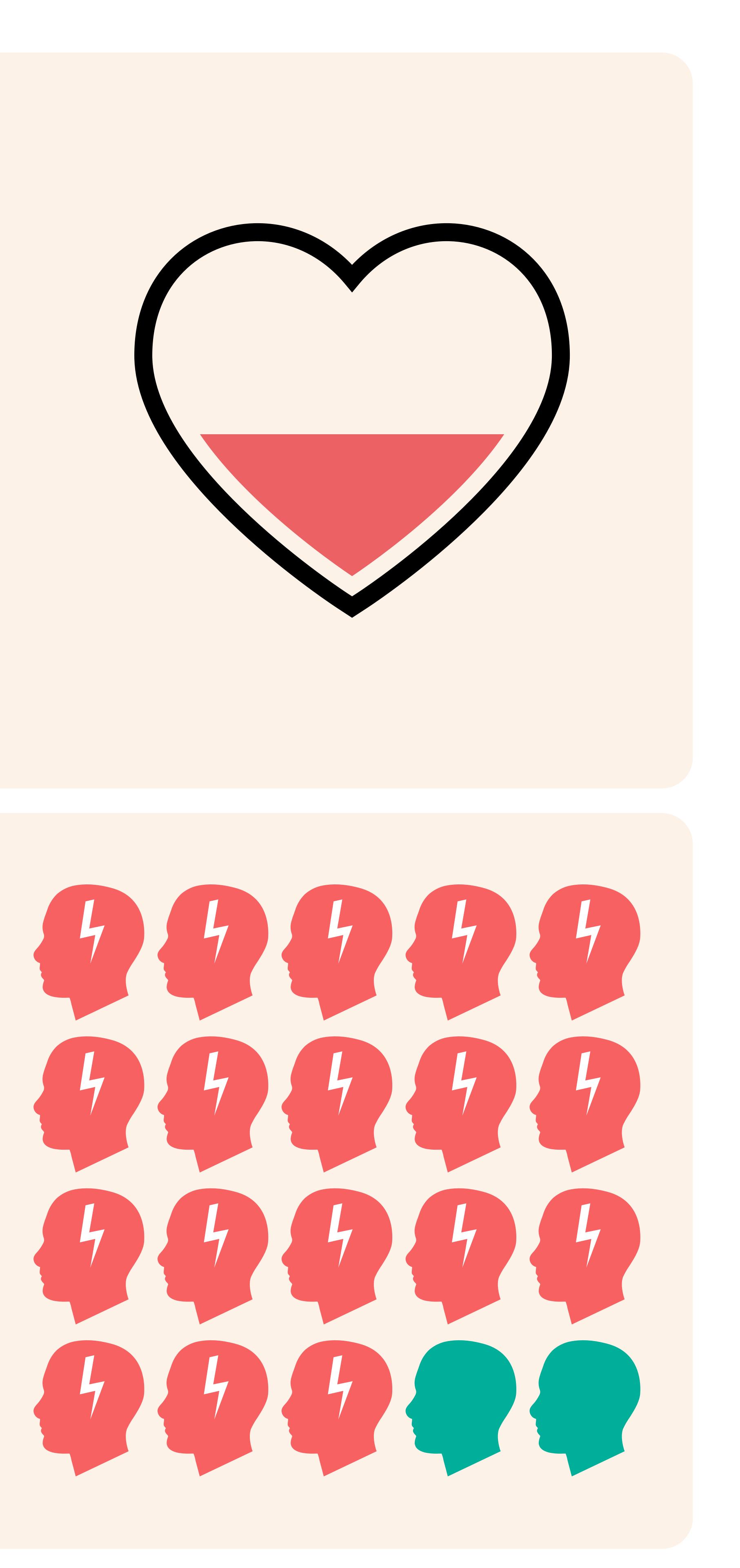




## 45% of companies offer workplace wellness programs. IBIS World 2021

# 91% of companies

reported stress related absence in 2019/20 CIPD 2021



## Webindrs

Here is a list of our most popular webinars which can be conducted in person or virtually. Discounts are available to run a series of webinars and they can be run in any order.





#### Eat to feel Great!

Nutrition can support more than just our waistlines, in this webinar we introduce how food can support our brains (think mood and concentration), digestion, exercise, sleep and healthy ageing.

### The Food-mood connection

Food has a profound effect on brain health and mood, this webinar explains the gut-brain connection, how food contributes to anxiety and depression and what foods will help you feel better, which in turn affects every aspect of our lives.

### Peri-menopause and lifestyle medicine

Slowly but surely the conversation is growing about this phase of mid-life but it can still be a taboo subject.

We take a look at why some symptoms can be so troublesome, alongside natural interventions to support the change, to make sense of mind and body fluctuations and encourage a perspective towards empowerment and confidence.

### Supporting healthy sleep

This webinar looks at nutrients, herbs and food timing to support sleep strategies as well as physical reasons why we may be struggling with our bedtime ritual.

### **Stress and burnout**

Chronic stress and burnout are still rampant in today's workplaces. Could you spot the signs and in yourself and others?

Mental and physical health are intertwined, by knowing what to look for, you could prevent a bigger problem down the line. Would you like to learn some quick wins to improve your self-care?

#### How to eat for health of the planet

Our global food chain is a major contributor to habitat and biodiversity loss, and greenhouse gas emissions. Single use plastic and food waste, and protecting food supplies for the future are big challenges. Learn how our individual food choices can become part of a sustainable food industry, and what you can do to help.

#### Eating well on a budget

With the cost of living crisis putting a greater squeeze on household budgets, succumbing to cheap processed foods can seem inevitable. It doesn't have to be this way, learn what wallet friendly foods can help your money go further, and support your health along the way.

#### Tired all the time - how to protect your energy

This webinar looks at some common reasons for fatigue, and will help you identify some quick wins to help replenish your physical and mental reserves.

### Weight management but not as you know it

The well known model of calories in/calories out is flawed, otherwise the diet industry wouldn't exist. This webinar explores why diets don't work, the role of hormones and appetite and why the quality of our food is even more important than quantity.

#### Nutrition for men's health

This webinar introduces particular risks to men's health such as cardiovascular disease, prostate cancer and suicide. We explore the positive role that lifestyle can play in prevention and management, and open the conversation about what can sometime be seen as taboo.

# Screening, coaching and collaboration

Whether its hard data, coaching support or practially improving your food provison, understanding when your staff need individual support can complement group wide education. A holistic view of employee health could make all the difference.



### Health screenings

- Thyroid function
- Blood sugars
- Stress markers
- Male and female hormones
- Vitamin and mineral status
- DNA health MOT

## Food provision and menu planning

A bespoke panel of testing can be compiled. Sampling methods can be via blood, urine, saliva and stool depending on the test.

Test kits can be taken/collected from your place of work, or sample kits sent to employees home address with full video instructions.

All tests include a full written report and a 1:1 consultation with a qualified professional to talk through the results. Popular panels include:

#### Cardiovascular risk - cholesterol and blood fats

Anaemias - Iron, B12 and folate

Do you provide catering on site? Could your food offering be improved? Let us chat with your chefs or contractors to see how your meal planning could become inspirational for healthy dietary choices.

From small tweaks to ingredients, to full menu planning, let your menu be in line with the latest research on dietary health.

#### **One-to-one coaching / Drop in sessions**

Access to a nutrition coach is often excluded under many employee assistance programs, but food is information for the body and mind. 40% of chronic diseases are preventable and lifestyle related, and the media can make it really difficult to understand what advice applies to us as individuals.

Providing 20-30 minutes sessions with a nutritionist, or half/full day drop in sessions, can provide the trigger for lifestyle changes which can last a lifetime.

#### Food tastings and Lunch 'n' Learn catering

To support our webinar programme, whether that be virtual or in person, why not try a food tasting experience to accompany the learning? Food is a great way of bringing staff together and can help make the experience to life. What better way to learn than with our senses!

Why not welcome your teams back to the office with a healthy catered lunch? Busy staff often eat on the run, at their desk or not at all, which can affect concentration and performance. Set them up for a great afternoon, with an inspiring menu either individual or buffet style.

#### Inspiring contents for internal communication

It can be a never ending task to come up with content and themes for staff each month to support your wellbeing strategy. Let us take some of the pressure off by providing blogs or videos for you to add to your site on topics of your choice, or let us come up with a calendar of topics to educate your employees on a healthy lifestyle.



Investment in staff wellbeing shows you care. Imagine the impact across your organisation if staff mental and physical health improved. This impactful, interactive 90-minute session (online or in-person) takes an introductory look at health, energy, stress and habits.



#### Why run this in your organisation?

Employee wellbeing support is now considered as essential. According to mental health charity MIND.org.uk, 56% of employers said they would like to do more to improve staff wellbeing but don't feel they have the right training or guidance.

### We can help

We have both worked for decades in the corporate sector and understand only too well the kinds of challenges you & your teams may be facing. As a certified Nutritional Therapist (Julie) and Health Coach (Lyn), we provide high quality, practical knowledge and, above all, are passionate about supporting wellbeing in the workplace!

#### The course

We provide practical information which can be implemented easily straight away! Reasons to book this course for your teams today:

**Productivity -** When we feel better, every area of our life is impacted - from energy to relationships, our work but also our home life. Everything improves!

Loyalty and retention - An employee who feels cared for, valued, and healthy is one who is more likely to give of their best consistently and stay around.

Culture and morale - Promoting a positive, resilient approach significantly helps morale and supports a strong workplace culture

**Health -** Boost your staff's health - both physical AND mental, and see how sickness rates reduce.

#### **Topics covered include**

- The gut-brain connection

- Easy ways to boost energy

#### Great value

#### One to one option

#### Friendly and knowledgeable

#### Need something longer?

- Mental health & stress
- Science of behaviour change
- Small but mighty habit changes
- Only £199 for online delivery. Speak to us about in-person delivery.
- Just £49 for 30 minutes. Discounted rates for one to one coaching.
- Trusted by corporate clients, we have a proven track record of quality delivery.
- Speak to us about a bespoke arrangement to fit your specific needs.

- "Thank you for organising 'Feeding the Mind.' It has made me focus on what I need to do as an individual to improve my health and wellbeing. It's pushed me to take action."
- John Davison, **CEO - Supportive**



So make time for a brew and let's have a chat to talk through your bespoke needs, and put a plan of action together to support your biggest asset - your staff.



Registered Nutritional Therapist BANT | CNHC

Click here to book a chat

# Call 07717 216 715

or email julie@vaguswellbeing.co.uk **G in** vaguswellbeing.co.uk

